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# A MERRY WIDOWER?

CAN MATTHEW PERRY'S STAR POWER KEEP HIS NEW NBC SERIES GOING ON? PAGE 26

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# ADDICTIONS TO ASPIRATIONS

Calgarian Nichole Worth, a recovering alcoholic, is seen during interviews with A&E's Intervention in Calgary and Victoria. The photo on the left is of her at the height of her addiction, and the other on the right is her in recovery. Worth's battle with alcoholism will air on network television for the world to see. Now in recovery, she plans on using her story to help others. Story, page 4.

COURTESY OF A&E TV

## Ex-boyfriend charged in grisly slaying

Woman killed in Toronto's body-parts case was the victim of a domestic crime: Police PAGE 10

## Fire spreads at oil refinery

The Venezuelan government is facing criticism over its response to the gas leak that led to Saturday's deadly explosion, as the fire spreads PAGE 12

## A fusion of Asian cuisine

Spicy Thai barley salad, shrimp fried rice the healthy way and fresh Vietnamese pork and cashew rolls could make one eclectic meal PAGE 30

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Sundre

## Suspect in dog mauling taken to hospital

An Alberta woman accused of unleashing two pit-bull-type dogs on another woman was a no-show at her first scheduled court appearance because she was taken to hospital.

Calgary provincial court had no further detail on why Rita Phillip required medical assistance. The judge was told that she was unable to attend Monday's hearing or speak to a court psychiatrist.

Phillip, 57, is charged with aggravated assault in the Aug. 18 attack at a trailer park in Sundre. The victim of the attack, a 26-year-old woman, was so badly mauled emergency personnel thought she was dead.

Phillip is now scheduled to appear in court Wednesday.

THE CANADIAN PRESS

Input encouraged

## Health-care inquiry launches website

An inquiry into allegations that some Albertans have been getting preferential treatment in the health-care system has launched a website.

John Vertes, the commissioner of the inquiry, says he hopes going online will encourage more people to take part in the probe. Vertes says the actual consultation phase of the inquiry doesn't start until December when public hearings will be held in Edmonton and Calgary. The Alberta government has set aside $10 million for the review.

The website is health-accessinquiry.ca.

THE CANADIAN PRESS

Police investigate Sunday morning after a Calgary resident was fatally injured in the parking lot in front of Swigs Pub and Grill. METRO

# Pub staff 'devastated' after weekend fatality

**One arrest made.** Few details surface Monday about death of Calgary dad Brian Ludwig

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Police arrested one man and were awaiting autopsy results after a charity golf tournament wrap-up party turned deadly over the weekend.

Patrons had just finished up at Swigs Pub and Grill in the Cedarbrae Plaza strip mall early Sunday when a man, identified by staff as 41-year-old Calgary father Brian Ludwig, became involved in an altercation of some kind. According to reports, Ludwig was punched and suffered serious injuries. He was rushed to hospital but died.

"It's just awful," said Karen Wade, co-owner of Swigs. "It was such a great day before that.... We are devastated."

Wade said Ludwig had a wife and two children.

Calgary police laid manslaughter charges late Monday against Scott Robert Hooser, 27, of Calgary. Police also said that Ludwig died of blunt-force trauma.

Swigs did remain closed Sunday following the incident as police gathered evidence from the parking lot in front of the establishment.

Wade said there was no indication of an altercation inside the pub prior to a disturbance call received by police around 2:45 a.m. At that point, Swigs had just closed up for the night.

"We have no idea what happened," Wade said.

Staff members were planning to meet to discuss organizing a fundraiser for the Ludwig family. "We certainly hope to do something for the kids," Wade said.

Swigs had hosted its third annual charity golf tournament earlier in the day. The proceeds, which usually total around $2,000, go towards the Cedarbrae Community Association.

Follow Jeremy Nolais on Twitter @Metro_Nolais

**No prior incidents**

- Calgary police Duty Insp. Craig Skelton said he had no indication of any prior incidents at Swigs Pub and Grill.
- Family members of victim Brian Ludwig reached by phone Monday declined comment.



Mobile news

Do you like to cuddle? This woman does. Scan the code to watch one lady's sleepy snuggle session that shocked a fellow commuter.

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# HOW TO SAVE A LIFE

Recovering alcoholic Nichole Worth now hopes to become a motivational speaker. She wants to use her story to inspire and save others.

## CALGARY WOMAN NO LONGER AS SEEN ON TV

JEREMY NOLAIS
jeremy.nolais@metronews.ca

FACEBOOK

I'm sick, but don't give up on me.

Nichole Worth's own words during an hour-long television episode filmed in Calgary about her alcoholism and subsequent recovery spoke volumes of her struggle.

"I was drinking myself into complete oblivion," the 26-year-old recalled during a recent phone interview. "I knew how bad it was but I couldn't get a handle on it. I couldn't stay sober for even 12 hours."

Beer by beer, Worth spiralled into a decade-long addiction. Her mother, Brenda Anderson, recalls having to give her a drink at times just to stop uncontrollable tremors reverberating through her body.

"It was just horrific to see her like that," Anderson said.

"She has the softest heart of any person you could meet ... but we were going to lose her."

With few options and little money to afford proper treatment, Anderson turned to what seemed like the unthinkable at the time — she applied to have her daughter on A&E's Intervention.

The show, which recently began its 12th season, films its subjects under the guise of a documentary about addiction, before putting them through an intervention with their closest friends and family in which they are urged to seek treatment.

Months after applying, the family got word that Worth had been chosen. Getting her to treatment, however, would come at a cost: Those closest to her would be required to air their dirty laundry on national television.

Her sister would be forced to talk about how she was now engaged to the man that Worth fell in love with first. Her father would talk about his own past struggle with addiction.

For her part, Anderson said, "I didn't want to go on TV but all I cared about was Nichole. I didn't care what it took."

Throughout much of the episode, which aired in mid-August, Worth struggles to articulate her thoughts, passes in and out of consciousness and lashes out at her family.

"I was a mess, plain and simple," Worth said.

In the end, the 26-year-old agreed to treatment and was sent to Cedars at Cobble Hill in British Columbia.

But the battle had only just begun.

**Support needed**

**"It's a lifestyle change, it's not something that happens overnight. You need support. I had to change everything, that meant moving away from my family, from ex-boyfriends who I thought cared about me but didn't."**

**Nichole Worth, recovering alcoholic**

Robert DeClark, inpatient treatment director at Cedars, could not confirm Worth was a patient at the centre but said many struggle with relapse.

"There's no doubt that there are many, many serious cases, many people die from (addiction).... It is a matter of what the patient's willing to do, that's the determining factor," he said.

After treatment, Worth returned to Calgary and briefly slipped back to her old ways. It was at that point she realized there was little left for her in Calgary.

Worth now lives permanently in Victoria, surrounded by others who have gone through addiction treatment.

"These people are my backbone," she said.

Nichole's Intervention episode will be aired in addictions centres across North America and she is pursuing a career as a motivational speaker, hoping to reach out to high-school-aged kids long before they get to the state she was in.

"I would have been six feet under by now," she said.

**Depth of addiction**

**7** For seven years, Brenda Anderson locked her daughter Nichole Worth out anytime she arrived at her Calgary home drunk.

**18** At the depth of her addiction, Nichole was consuming up to 18 beers in a single day. That was often coupled with drugs like OxyContin.

**30** Nichole's last drink was May 30 during a brief stint back in Calgary in which she relapsed.

"Now, I wake up early in the mornings, I'm exercising, I'm eating properly.... Someday I want to have kids. It's been a complete (turnaround)."

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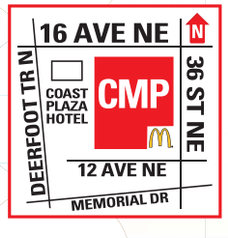


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# City working towards 2012 West LRT opening

City officials are hopeful service on the West LRT can begin by the end of 2012. METRO FILE

City officials are hoping Calgarians will be riding the West LRT rail before year's end.

December 2012 had long been the target date for opening, but a three-month extension was requested by the contractor, pushing the opening back to March 2013.

Spokesperson for the project Tara Norton-Merrin said they may be back on track to cut the ribbon in December.

With contractor testing on the line wrapping up, Norton-Merrin said the city is hoping to take possession of the track in late October or early November.

At that point, testing will begin using their own operators, she said.

"A lot of things can happen between then but we haven't ruled out a December opening date," she said.

Norton-Merrin said once the contractor completes their portion of the work, the city will also be able to establish a firmer opening date.

Area Ald. Richard Pootmans said he's hoping to see the new leg of the C-Train operational as soon as possible.

"People are very excited about the LRT, the sooner the better," he said. "We are pretty thrilled that it's coming our way. We are estimating it could take as many as 6,000 cars off the road each day — it will really ease the level of congestion."

Norton-Merrin said at the latest, the LRT should be operational by late February.

KATIE TURNER/METRO, WITH FILES FROM JEREMY NOLAIS/METRO

# Commuters share their first thoughts on expanded LRT line

**Mixed reviews.** New northeast stations widely praised, changes to bus routes not so much

ROBSON FLETCHER
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Northeast residents riding the C-Train to and from the two new stations that opened on Monday gave the expanded service mixed reviews.

"About five minutes I think it saves us, at the most," said Taradale resident Cherrie Mitchell, who was catching the train from the McKnight-Westwinds station to the new Saddletowne station, the end of the expanded northeast line.

Her daughter Kaycie, 17, said the accompanying changes to area bus routes eat into the time savings that they enjoy from the longer train line.

"The train now will be great for some people," Kaycie said. "But some of the routes that they did for the buses, it will take a while for us."

Aniko Simon, who lives near the McKnight station, figured the expanded line will definitely save her time travelling to the north.

"The buses usually take longer," she said.

Her friend Katelyn Whitney, who lives closer to the north end of the line, estimated the expanded train service will cut 10 minutes off her commute to shopping centres further south.

"It saves a lot of time going to Pacific Place," she said.

Whitney also noted she found it a little strange riding the expanded line at the points where it passes through residential areas, just metres from area homes.

"It's weird coming through Martindale, because it's so close to backyards," she said.

**By the numbers**

**The C-Train now travels an extra 2.9 kilometres and passes through the communities of Martindale and Saddle Ridge.**

- The city expects 8,000 people a day will use the two new stations.
- The project cost roughly $135 million, with about $40 million coming from federal gas tax funding.

Kaycie Mitchell rides the C-Train to the Saddletowne station, the new end of the line in Calgary's northeast, on Monday afternoon. ROBSON FLETCHER/METRO

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## CPA. Parking authority tickets or warns 99 people in three hours

Fifty people received parking tickets on Sunday after leaving their vehicles on the grass along the sides of roadways at North Glenmore Park, according to the Calgary Parking Authority.

Another 49 people moved their vehicles voluntarily after being warned by enforcement staff, who were on site between 10:15 a.m. and 1:30 p.m., said CPA public relations advisor Jennifer Schultz.

The mass parking violations came despite repeated warnings from organizers of a weekend dragon boat festival to keep vehicles off the grass.

One of 50 tickets issued to motorists who parked their vehicles on the grass at North Glenmore Park on Sunday. ROBSON FLETCHER/METRO

Schultz said additional vehicles dispersed after festival organizers broadcast an announcement at 1:30 p.m.

ROBSON FLETCHER/METRO

Education

### Five Calgary schools to be unveiled Tuesday

Provincial government representatives will be on hand Tuesday to cut ribbons at five new Calgary schools.

The institutions are among 15 to open province-wide this fall.

Four will be operated by the Calgary Board of Education, including one in the northwest named after the first female Canadian soldier killed in the Afghanistan war, Calgary's Capt. Nichola Goddard.

The fifth school, St. Isabella in the city's southeast, will be run by the Calgary Catholic School District. METRO

# Albertans reminded to 'have a plan' when out drinking

Acting Insp. Michael Watterston of the Calgary Police Service speaks to a throng of reporters on Monday afternoon about the changes to administrative penalties for drivers with blood-alcohol concentrations of .05 to .08, set to take effect Sept. 1. ROBSON FLETCHER/METRO

**New penalties.** Lawmakers, law enforcers make one last public education push ahead of Sept. 1 changes

ROBSON FLETCHER
calgary@metronews.ca

With just days until new penalties come into force for drivers caught with blood-alcohol concentrations of .05 to .08, Calgary police had a simple message for the public.

"If you've consumed a lot, have a plan," acting Insp. Michael Watterston said during a news conference on Monday.

Exactly what qualifies as "a lot" to drink, Watterston wouldn't specify. What he did say was that "people need to know their limit."

"If you feel you're not capable or you're impacted by the alcohol you've consumed, don't risk it," he said.

Transportation Minister Ric McIver said the new penalties are aimed at drivers who still do take chances after drinking.

"Those Albertans that are obeying the rules right now don't have to change their behaviour ... the limits haven't changed," he told Metro.

What will change are the administrative penalties for drivers who blow over .05.

Starting Sept. 1, such drivers will face immediate three-day licence suspensions and three-day vehicle seizures, up from the current 24-hour licence suspension.

The new penalties will also jump to a 15-day suspension and seven-day seizure for a second offence, and even further for subsequent offences.

WITH FILES FROM KATIE TURNER

Quoted

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Acting Insp. Michael Watterston


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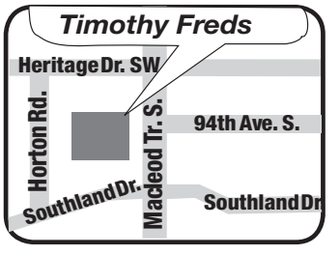

## Toronto body-parts case.
# Ex-boyfriend charged with second-degree murder

An ex-boyfriend of a woman whose body parts were found scattered in two Toronto-area parks has been charged in her death.

Peel Regional Police Insp. George Koekkoek told a news conference the 40-year-old man is charged with second-degree murder in what he described as a "domestic-related homicide."

Chun Qi Jiang was arrested in Toronto on Sunday and remanded into custody when he appeared in court on Monday.

Jiang, a Canadian citizen of Chinese descent, was not previously known to police, Koekkoek said.

The inspector said Jiang had a four-year relationship with Guang Hua Liu, 41, and the couple was recently estranged. THE CANADIAN PRESS

**Grisly discoveries**

- On Aug. 15, Liu's right foot was found in the Credit River in Mississauga. Liu's head and hands were later discovered in the river.
- Two calves, a thigh and an arm were found in West Highland Creek, just blocks from where she lived in Toronto.

**Lt.-Gen. Tom Lawson**

## Next defence staff chief named

Lt.-Gen. Tom Lawson, a former fighter pilot, has been named as the next chief of the defence staff, the country's top military post.

Prime Minister Stephen Harper says Lawson, the current deputy commander of Norad — the North American Aerospace Defence Command — will formally succeed Gen. Walt Natynczyk within weeks.

"Lt.-Gen. Lawson is the right leader for the Canadian Armed Forces and will bring a clear vision and strong values to the role," Harper said in a statement. THE CANADIAN PRESS

# Senator's wife told to stay away from hubby

## Turbulent flight.
Sen. Zimmer, 69, and Sensenberger, 23, were in court Monday

MORGAN MODJESKI
Metro in Saskatoon

A senator's 23-year-old wife charged with causing a disturbance and endangering an aircraft received a bittersweet anniversary gift from a Saskatoon judge.

Maygan Sensenberger was released from jail Monday, but told not to have contact with her husband, Rod Zimmer, a Manitoba senator. She is also prohibited from drinking alcohol and entering bars.

The provincial court judge who issued the ruling didn't explain why Sensenberger is to stay away from her husband, who was also in court.

The couple, who married one year ago, made headlines last Thursday when Saskatoon police were called to meet a plane carrying a disruptive passenger.

The two were flying to Saskatoon from Ottawa when Zimmer experienced tightness in his chest. Sensenberger reacted by becoming upset.

Court records show police believe she uttered threats against her husband and threatened to take down the plane.

No one was injured in last week's incident.

Sensenberger is set to appear in domestic violence court — which sometimes gives people a chance to enter a plea and receive treatment for a lesser sentence — on Tuesday at 9 a.m.

WITH FILES FROM THE CANADIAN PRESS

Right: Maygan Sensenberger leaves Provincial Court in Saskatoon on Monday. Left: Sensenberger and her husband, Rod Zimmer, a Manitoba senator.

LEFT: FACEBOOK; RIGHT: LIAM RICHARDS/THE CANADIAN PRESS

**Witness testifies**

**Fellow passenger Scott Wright said he witnessed the couple arguing, but denied that any threats were made. Wright testified that Sensenberger seemed concerned about her husband's medical condition.**

## Student protests.
# Chaos reigns in return to classrooms

The calm of summer was shattered Monday with the return of school to Quebec universities, where some classes were disrupted as protesters disobeyed the back-to-school law.

Chaotic scenes, reminiscent of those seen across the province in the spring, suddenly flared up at two Montreal universities after a relatively quiet summer.

The province passed an emergency law, known as Bill 78, to set stiff fines for people who prevent students from attending class.

A tumultuous standoff erupted in the corridors of Universite de Montreal between security guards and masked protesters. The demonstrators were trying to spring seven of their comrades who had been detained by officials in a fourth-floor classroom.

Meanwhile, across town, masked demonstrators entered Universite du Quebec a Montreal and disrupted classes. THE CANADIAN PRESS

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# Fire spreads 3 days after massive refinery blast

**Venezuela.** Residents in nearby neighbourhood still troubled by lack of warning before blast

An intense fire at a Venezuelan refinery spread to a third fuel tank on Monday nearly three days after an explosion killed at least 41 people and injured more than 150.

Oil Minister Rafael Ramirez said a third tank ignited at the Amuay refinery, which has been in flames since Saturday's blast.

Government officials had previously said they had the blaze contained, and the spread to another tank was an apparent setback to their plans to quickly restart the refinery.

Officials have said a gas leak led to the blast, but investigators have yet to determine the precise causes. Prosecutor General Luisa Ortega said at a news conference that 151 people were injured, 33 of whom remain hospitalized. A nine-year-old girl was missing in the area, Health Minister Eugenia Sader said on television.

Criticism of the government's response to the gas leak emerged from local residents as well as oil experts.

People in neighbourhoods next to the refinery said they had no official warning before the explosion hit at about 1 a.m. on Saturday.

"What bothers us is that there was no sign of an alarm," said Luis Suarez, a bank employee in the neighbourhood. "Many of us woke up thinking it was an earthquake."

THE ASSOCIATED PRESS

**Undetected leak**

**"That the gas leak went undetected for a number of hours ... indicates to me that there is a lack of safety-related planning."**

Energy analyst Jorge Pinon

Plumes of black smoke and flames continue to rise over the Amuay refinery near Punto Fijo, Venezuela, on Monday. ARIANA CUBILLOS/THE ASSOCIATED PRESS

## Belgium. Killer's ex-wife up for release

Convicted pedophile and killer Marc Dutroux's ex-wife — an accomplice who let two of his victims starve to death — is on the verge of release.

On Tuesday, the nation's highest court will likely approve granting Michelle Martin conditional freedom, after serving little more than half of the 30-year sentence she was given for her part in the mid-1990s kidnappings, rapes and killings.

The Court of Cassation will decide on appeals from the prosecutor's office and the families of victims on Tuesday and rule if procedural errors were made in the decision of a lower court to approve her conditional release. THE ASSOCIATED PRESS

Family members of two victims after the funeral in 1996. THE ASSOCIATED PRESS

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# Back to school. Fortified building protects Israeli students from rockets

For the first time in years, the children of Sderot can study in peace.

Living under a constant threat of rocket fire from militants in the nearby Gaza Strip, their school days were often interrupted by mad dashes to bomb shelters. But on Monday, they started the school year safe from attack in a new, fortified, rocket-proof school building.

The $27.5-million structure features concrete walls, reinforced windows and a unique architectural plan all designed specifically to absorb and deflect rocket fire. Notices on the walls of the "Shaar Hanegev" High School remind the 1,200 students of their new reality: In case of a warning siren, it reads, stay put.

"You can finally teach without constantly worrying about what to do when there is a rocket attack," said Zohar Nir-Levi, the principal of the junior high school inside the complex.

Alon Shuster, chairman of the regional Shaar Hanegev council, said the decision to build the new school was made as "a strategic response to a threat we have been coping with for 12 years."

The rocket fire has subsided considerably in the past three years, since Israel carried out a fierce three-week offensive against Gaza militants in which some 1,400 Palestinians, including hundreds of civilians, were killed. Gaza's Hamas rulers have largely halted their rocket fire at Israel since then, though smaller armed groups continue to stage attacks. THE ASSOCIATED PRESS

**Life and rockets**

**In the 12 years since rockets began raining down on Sderot, less than two kilometres from Gaza, residents say life has often been unbearable.**

- Eight people have been killed, hundreds wounded and nearly everyone in the town of some 24,000 has been traumatized by the frequent wail of sirens and explosions.

## Praying for striking South African workers

**Women pray as they support arrested mine workers outside the Ga-Rankuwa Magistrate Court in Pretoria, South Africa, on Monday. Arrested mine workers appeared on charges ranging from murder to public violence. The group was part of 260 rock drillers who were arrested following violence that saw police opening fire and killing 34 people with 78 wounded in a crowd of striking workers at a platinum mine a week ago. Police are investigating each of the 34 killings and are also looking into allegations that more than 150 arrested miners have been beaten in police custody, the police directorate of complaints spokesman said.** THE ASSOCIATED PRESS

**Empire State shooting**

# *Deadly force warranted: Police boss*

New York City Police Commissioner Raymond Kelly is defending two officers' decision to kill an armed gunman outside the Empire State Building, which led to nine bystanders being wounded.

Kelly on Monday called the shooting appropriate since the officers had just been told Jeffrey Johnson had killed a co-worker around the corner and Johnson was pointing his weapon at them. That assessment is supported by experts on police tactics and firepower.

Police say Johnson, a women's accessories designer, ambushed a vice-president of the company that had laid him off. The officers confronted him as he attempted to slip away in a throng of pedestrians.

Nine civilians suffered nonlife-threatening injuries caused by police bullets. The patrolmen were placed on desk duty while prosecutors review their response.
THE ASSOCIATED PRESS

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# Murder case reveals soldiers' terror plot

**Militia group.**
Prosecutors allege the four U.S. soldiers killed ex-comrade and his girlfriend to keep their plans secret

Four U.S. army soldiers based in southeast Georgia killed a former comrade and his girlfriend to protect an anarchist militia group they formed that stockpiled assault weapons and plotted a range of anti-government attacks, prosecutors told a judge Monday.

Prosecutors in rural Long County, near the sprawling Army post Fort Stewart, said the militia group of active and former U.S. military members spent at least $87,000 buying guns and bomb components. They allege the group was serious enough to kill two people — former soldier Michael Roark and his 17-year-old girlfriend, Tiffany York — by shooting them in the woods last December to keep its plans secret.

One of the soldiers charged in the case, Pfc. Michael Burnett, also gave testimony that backed up many of the assertions made by prosecutors. The 26-year-old soldier pleaded guilty Monday to manslaughter, illegal gang activity and other charges. He made a deal to co-operate with prosecutors against the three other soldiers.

Burnett, 26, said he knew the group's leaders from serving with them at Fort Stewart. He agreed to testify against fellow soldiers Pte. Isaac Aguigui, identified by prosecutors as the militia's founder and leader, and Sgt. Anthony Peden and Pte. Christopher Salmon.

All are facing charges. A hearing for the three soldiers was scheduled for Thursday.

THE ASSOCIATED PRESS

U.S. army Sgt. Anthony Peden, left, and Pte. Isaac Aguigui are led away from the sheriff's office in Ludowici, Ga., in Dec. 2011. LEWIS LEVINE/THE ASSOCIATED PRESS FILE

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First-hand account

## Pentagon, CIA checking book on bin Laden for leaks

U.S. officials said Monday they were reviewing a copy of a soon-to-be-published first-hand account of the raid that killed Osama bin Laden, checking for leaks of classified information.

Pentagon spokesman George Little said Defence Department officials "received the manuscript and we are looking at it."

CIA spokesman Preston Golson would only say that "the CIA has a copy of the book."

The book, No Easy Day, is scheduled for publication on Sept. 11, the anniversary of the 2001 attacks that bin Laden masterminded.

The author, a former U.S. navy SEAL who participated in the CIA-run raid, did not submit the book until now for the pre-publication review that is required by the military secrecy agreements officials say he signed.

Pentagon officials say that if they determine the manuscript reveals classified information about the raid, the Pentagon would "defer to the Department of Justice."

The author is listed under the pseudonym of Mark Owen. He has since been identified as Matt Bissonnette, who retired from the Navy last summer.

He could face charges if the book is found to contain classified information.

THE ASSOCIATED PRESS

## Waving the protest flag

Demonstrators march through the streets of Tampa, Fla., to protest the Republican National Convention on Monday. The storm-shortened convention begins in earnest Tuesday, a three-day coronation of Mitt Romney as the party's rival to President Barack Obama. Even the most carefully crafted convention inevitably has surprises — such as the cancellation of the first day's activities Monday because of Tropical Storm Isaac. In the streets surrounding the convention hall, police vastly outnumbered protesters. There was one arrest, a man who refused to remove his bandana after the group's march through downtown. DAVE MARTIN/THE ASSOCIATED PRESS

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# Storm expected to revisit Taiwan and Philippines

**Typhoon Tembin.** 119 km/h winds predicted to hit island nations Tuesday

Typhoon Tembin, which drenched southern Taiwan last week before going out to sea, appeared to be looping back Monday for another run at the island and the nearby Philippines, forecasters said.

The revisit comes after another storm about 1,200 kilometres to the northeast, Typhoon Bolaven, lashed the Japanese island of Okinawa. It injured five people and left 66,500 households without power as of Monday afternoon, but did less damage than feared before moving north into the East China Sea.

A man walks down a lane of water-damaged furniture from heavy rains brought by Typhoon Tembin in Pingtung county, Taiwan, Friday.
THE ASSOCIATED PRESS

Bolaven could affect coastal areas of South Korea by Tuesday, weather officials said.

Taiwan's Central Weather Bureau predicted that Tembin would make landfall early Tuesday in the same part of southern Taiwan where it dumped more than 500 millimetres of rain three days ago. Tembin, packing winds of 119 km/h, will likely skirt the eastern Taiwanese coast before moving northward toward the Chinese mainland, the bureau said.

In Manila, the Philippine weather agency reissued typhoon warnings to residents and fishermen for Tembin, which blew out of the archipelago over the weekend. Fishing boats in the north were urged not to venture out to sea while larger ships were warned of possible big waves and heavy rains.

THE ASSOCIATED PRESS

## India feeling effects of rain shortage

Indian farmer Satyavan Narwal gestures to a parched pond that would usually provide drinking water for cattle in Kathura village, in Haryana, India. Monsoon showers, which normally run from June to September, are crucial in a country where 60 per cent of the population works in agriculture and less than half the farmland is irrigated. India's Meteorological Department has said it expects the country to get at least 10 per cent less rain this year than during a normal monsoon, but large parts of the country have been hit much harder.

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HIV patient Prakash Bhandari, 11, is reflected in a window as he does morning exercises at the Saphalta HIV Shiksya Sadan School, in Kirtipur, near Katmandu, on Aug. 21. NIRANJAN SHRESTHA/THE ASSOCIATED PRESS

# HIV-positive orphans face eviction in Nepal

**Makeshift home and school.** Guardian/teacher running out of money to support children ages 3 to 10

Raj Kumar Pun took in HIV-positive orphans no one wanted, and when no one wanted to teach them either, he created a school in the shelter. But now they are running out of money, support and time.

Ten children ages three to 10 live in the Saphalta HIV Shiksya Sadan School — the Successful HIV Home and School — in a pink two-storey house just outside the capital of this Himalayan nation. But Pun has had to sell the building — his own house — and they must be out by the end of October.

The plan had been to rent a new building, but Pun said, "Most people don't want to rent their house once they hear the children are HIV-infected."

The school has two rooms where the children sleep, one room for classes and a kitchen.

Though the government provides the children's medicine, Pun, a 30-year-old high school teacher, spends nearly his entire salary covering the rest of the bills. He also teaches the children, along with friend Uma Gurung and two part-time teachers.

Pun and Gurung started the shelter three years ago after reading about the children in a local newspaper.

THE ASSOCIATED PRESS

**Quoted**

**"It is not their fault that they are sick."**

Uma Gurung, teacher at the Saphalta HIV Shiksya Sadan School

**China**

## AIDS patients storm gate of government office

About 300 AIDS patients and their relatives tore down the main gate of a government office in central China during a protest Monday over unmet demands for financial assistance.

Protester Li Xia said police in Zhengzhou city beat some of the patients with batons after the group gathered outside the Henan provincial government office and blocked the main gate to demand a meeting with officials. She said one protester was dragged into the government building by police. THE ASSOCIATED PRESS

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| 121442 | $ 46,070 | $ 35,100 | $ 1,000 | $ 11,970 |
| 121662 | $ 46,070 | $ 35,100 | $ 1,000 | $ 11,970 |
| 121748 | $ 46,225 | $ 35,237 | $ 1,000 | $ 11,988 |
| 121870 | $ 46,225 | $ 35,237 | $ 1,000 | $ 11,988 |
| 121724 | $ 46,225 | $ 35,237 | $ 1,000 | $ 11,988 |
| 120613 | $ 46,415 | $ 35,422 | $ 1,000 | $ 11,993 |
| 121723 | $ 46,685 | $ 35,642 | $ 1,000 | $ 12,043 |
| 121751 | $ 46,685 | $ 35,642 | $ 1,000 | $ 12,043 |
| 121774 | $ 46,685 | $ 35,642 | $ 1,000 | $ 12,043 |
| 121867 | $ 46,685 | $ 35,642 | $ 1,000 | $ 12,043 |
| 121216 | $ 47,455 | $ 36,277 | $ 1,000 | $ 12,178 |
| 121313 | $ 48,210 | $ 37,004 | $ 1,000 | $ 12,206 |

### OUR AVALANCHES IN STOCK

| VEHICLE | MSRP | SALE | LOYALTY | SAVE** |
|---|---|---|---|---|
| 121845 | $ 49,595 | $ 38,246 | $ 1,000 | $ 12,349 |
| 121726 | $ 49,595 | $ 38,246 | $ 1,000 | $ 12,349 |
| 121731 | $ 50,055 | $ 38,651 | $ 1,000 | $ 12,404 |
| 121725 | $ 50,055 | $ 38,651 | $ 1,000 | $ 12,404 |
| 121664 | $ 51,280 | $ 39,750 | $ 1,000 | $ 12,530 |
| 121306 | $ 53,035 | $ 41,272 | $ 1,000 | $ 12,763 |
| 121311 | $ 59,970 | $ 47,248 | $ 1,000 | $ 13,722 |
| 121584 | $ 60,845 | $ 48,169 | $ 1,000 | $ 13,676 |
| 121752 | $ 61,490 | $ 48,737 | $ 1,000 | $ 13,753 |
| 121755 | $ 61,490 | $ 48,737 | $ 1,000 | $ 13,753 |
| 121855 | $ 61,490 | $ 48,737 | $ 1,000 | $ 13,753 |
| 121370 | $ 60,745 | $ 48,169 | $ 1,000 | $ 13,576 |
| 121874 | $ 63,160 | $ 50,100 | $ 1,000 | $ 14,060 |
| 121756 | $ 63,160 | $ 50,100 | $ 1,000 | $ 14,060 |
| 121872 | $ 63,160 | $ 50,100 | $ 1,000 | $ 14,060 |
| 121776 | $ 63,620 | $ 50,400 | $ 1,000 | $ 14,220 |
| 121730 | $ 63,620 | $ 50,400 | $ 1,000 | $ 14,220 |
| 121732 | $ 63,620 | $ 50,400 | $ 1,000 | $ 14,220 |
| 121857 | $ 63,620 | $ 50,400 | $ 1,000 | $ 14,220 |
| 121865 | $ 63,620 | $ 50,400 | $ 1,000 | $ 14,220 |
| 121869 | $ 63,620 | $ 50,400 | $ 1,000 | $ 14,220 |
| 121871 | $ 63,620 | $ 50,400 | $ 1,000 | $ 14,220 |
| 121873 | $ 63,620 | $ 50,400 | $ 1,000 | $ 14,220 |
| 120634 | $ 65,200 | $ 52,299 | $ 1,000 | $ 13,901 |
| 121643 | $ 66,795 | $ 53,557 | $ 1,000 | $ 14,238 |

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MSRP: $29,990

SALE: $25,988

$197 B/W*

MSRP: $32,145

SALE: $26,998

SAVE $5,147

### OUR CAMAROS IN STOCK

| VEHICLE | MSRP | SALE | SAVE |
|---|---|---|---|
| 122016 | $ 32,145 | $ 28,542 | $ 3,603 |
| 122017 | $ 32,145 | $ 26,998 | $ 5,147 |
| 122119 | $ 32,145 | $ 28,542 | $ 3,603 |
| 122018 | $ 32,525 | $ 28,988 | $ 3,537 |
| 122019 | $ 32,525 | $ 28,988 | $ 3,537 |
| 122151 | $ 38,365 | $ 34,658 | $ 3,707 |
| 122113 | $ 38,745 | $ 35,066 | $ 3,679 |
| 122104 | $ 39,820 | $ 36,060 | $ 3,760 |
| 122115 | $ 39,820 | $ 36,060 | $ 3,760 |
| 121616 | $ 42,570 | $ 38,476 | $ 4,094 |
| 121843 | $ 47,680 | $ 43,576 | $ 4,104 |
| 121991 | $ 52,755 | $ 48,470 | $ 4,285 |
| 121349 | $ 53,885 | $ 49,815 | $ 4,070 |

### OUR TERRAINS IN STOCK

| VEHICLE | MSRP | SALE | SAVE |
|---|---|---|---|
| 120539 | $ 29,735 | $24,799 | $ 4,936 |
| 120979 | $ 29,990 | $27,154 | $ 2,836 |
| 121996 | $ 29,990 | $27,154 | $ 2,836 |
| 122001 | $ 29,990 | $27,154 | $ 2,836 |
| 121837 | $ 30,185 | $27,335 | $ 2,850 |
| 120943 | $ 31,640 | $28,746 | $ 2,894 |
| 122312 | $ 34,570 | $33,496 | $ 1,074 |
| 121875 | $ 34,610 | $33,570 | $ 1,040 |
| 122150 | $ 34,610 | $33,570 | $ 1,040 |
| 122188 | $ 34,610 | $33,570 | $ 1,040 |
| 122316 | $ 36,270 | $35,148 | $ 1,122 |
| 122002 | $ 36,270 | $35,158 | $ 1,112 |
| 122103 | $ 36,650 | $35,510 | $ 1,140 |
| 122290 | $ 37,175 | $35,940 | $ 1,235 |
| 122299 | $ 37,370 | $36,121 | $ 1,249 |
| 122363 | $ 37,715 | $36,546 | $ 1,169 |
| 121010 | $ 37,835 | $36,545 | $ 1,290 |
| 122347 | $ 38,490 | $37,365 | $ 1,125 |
| 122300 | $ 39,400 | $38,051 | $ 1,349 |

### OUR TERRAINS CONT. IN STOCK

| | | | |
|---|---|---|---|
| 122310 | $ 39,855 | $38,630 | $ 1,226 |
| 122294 | $ 40,695 | $39,248 | $ 1,447 |
| 122185 | $ 40,780 | $39,328 | $ 1,452 |
| 121745 | $ 41,995 | $40,607 | $ 1,388 |
| 122295 | $ 41,995 | $40,607 | $ 1,388 |
| 122291 | $ 42,040 | $40,649 | $ 1,391 |
| 122296 | $ 42,040 | $40,649 | $ 1,391 |
| 122301 | $ 45,685 | $44,018 | $ 1,667 |

### OUR EQUINOXES IN STOCK

| VEHICLE | MSRP | SALE | SAVE |
|---|---|---|---|
| 122297 | $ 28,140 | $25,360 | $ 2,780 |
| 122336 | $ 28,140 | $25,360 | $ 2,780 |
| 122376 | $ 29,735 | $26,926 | $ 2,809 |
| 122337 | $ 36,485 | $35,330 | $ 1,155 |
| 122245 | $ 36,905 | $35,646 | $ 1,259 |
| 122292 | $ 36,905 | $35,646 | $ 1,259 |
| 122314 | $ 36,905 | $35,646 | $ 1,259 |
| 122304 | $ 37,100 | $35,827 | $ 1,273 |
| 120904 | $ 37,695 | $36,542 | $ 1,153 |
| 120612 | $ 37,985 | $34,900 | $ 3,085 |
| 122305 | $ 39,305 | $37,937 | $ 1,369 |
| 122306 | $ 42,085 | $40,508 | $ 1,577 |
| 122239 | $ 42,875 | $41,362 | $ 1,513 |

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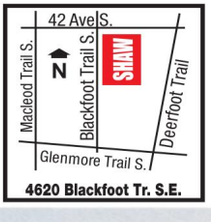


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|---|---|---|---|---|---|
| 8AM-8PM | 8AM-8PM | 8AM-8PM | 8AM-8PM | 8AM-6PM | 9AM-5PM |

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# Taliban behead 17 in Afghanistan, seemingly for going to a dance

A woman clad in a burka walks past graffiti in Kabul on Sunday.

AHMAD NAZAR/THE ASSOCIATED PRESS

**Militants.** Insurgent group still holds much power in the south

Insurgents beheaded 17 civilians in a Taliban-controlled area of southern Afghanistan, apparently because they attended a dance party that flouted the extreme brand of Islam embraced by the militants, officials said Monday.

The killings, in a district where U.S. Marines have battled the Taliban for years, were a reminder of how much power the insurgent group still wields in the south — particularly as international forces draw down and hand areas over to Afghan forces.

The victims were part of a large group that had gathered late Sunday in Helmand province's Musa Qala district for a celebration involving music and dancing, said district government chief Neyamatullah Khan. He said the Taliban slaughtered them to show their disapproval of the event.

All of the bodies were decapitated but it was not clear if they had been shot first, said provincial government spokesman Daoud Ahmadi.

Information was only trickling out slowly because the area where the killings occurred is largely Taliban-controlled, Khan said. The Taliban spokesman for southern Afghanistan could not be reached for comment.

Many Afghans and international observers have expressed worries that the Taliban's brutal interpretation of Islamic justice will return as international forces withdraw.

THE ASSOCIATED PRESS

Syria

## Rebels take down regime helicopter, activists say

A Syrian military helicopter crashed in a ball of fire Monday after apparently being hit during clashes between government forces and rebels in the capital Damascus, activists said, in a sign of the fighters' growing abilities as they struggle to topple President Bashar Assad's regime.

An Internet video shows the chopper engulfed in flames and spinning out of control shortly before it hits the ground. Rebels shout "Allahu Akbar!" as the helicopter goes down.

THE ASSOCIATED PRESS


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A clerk works at a Dollar Rent A Car outlet in New York.
THE ASSOCIATED PRESS

Auto rentals

## Hertz buys Dollar Thrifty for $2.3B

More than two years after its original bid, Hertz agreed Sunday to buy Dollar Thrifty Automotive Group for about $2.3 billion US, giving it more ways to attract travellers and expand its international presence.

At $87.50 per share, the deal is worth far more than any of Hertz's previous bids and about 8 per cent higher than Dollar Thrifty's closing price Friday.

Travelers that rent through Dollar Thrifty will still visit that counter for service. In the long run, prices in many markets will almost certainly rise as the two companies streamline their operations.

THE ASSOCIATED PRESS

Fewer packages

## Canada Post reports $10M loss in Q2

Canadians mailed fewer packages through Canada Post in the second quarter, eroding results across most of the Crown corporation's operations, while its courier business Purolator got a boost partly from more orders sent by e-commerce retailers.

Noting that the "decline of mail is not something that's going to rebound," Canada Post said that reality would weigh on any new labour agreement with its workers.

The company reported a loss of $10 million, or $4 million after taxes, on Monday, which marks an improvement from a loss $18 million, or $17 million after taxes, a year earlier.

THE CANADIAN PRESS

# Housing affordability still eroding

**Higher home prices.** Possible interest-rate increases next year could strain ownership and ultimately cool housing markets

Housing affordability continued to erode in most markets across Canada in the second quarter as a result of higher home prices and interests rates, but there were a few bright spots.

Alberta, in particular, solidified its position as having the most affordable housing market thanks to a significant drop in prices for electricity and natural gas, says a quarterly Royal Bank housing report.

Montreal also enjoyed improved affordability, which prompted resales to rise 8.6 per cent to reach their third-highest second quarter total, the report said.

A 17 per cent reduction in Alberta utility costs was the biggest contributor to the improvement in the cost of owning a home as a share of household income.

Attractive affordability and a vibrant economy are powerful incentives for home buying. Alberta home resales in the second quarter were the best in five years, surging 18 per cent from a year earlier.

On a national level, however, modest increases in home prices and mortgage rates slightly eroded housing affordability in the quarter.

Alberta index

- In Calgary, only about 36.7 per cent of pre-tax income would be required to pay for a standard bungalow — unchanged from the previous study
- In Edmonton, the index improved by 0.1 of a percentage point to 32.4 per cent.

RBC's affordability index for a detached bungalow stood at 43.4 per cent of income nationally in the second quarter, up 0.2 percentage points from the first quarter but unchanged from a year ago.

That figure assumes an average home price of $365,200 for a 1,200-square-foot, one-storey house and $79,000 in annual qualifying income. Based on those figures, an owner would need to spend 43.4 per cent of annual income to pay for mortgage payments, utilities and property taxes.

The RBC housing trends report said it was the second consecutive three-month period in which the cost of owning a home as a share of household income increased following back-to-back quarterly declines in the latter half of 2011.

Affordability deteriorated in two of three housing categories — detached bungalows and two-storey homes — while condominiums were flat.

THE CANADIAN PRESS

## Iraqis flock to faux fast-food franchises

A customer stands outside Burger Friends restaurant in Baghdad. A wave of new American-style fast-food restaurants is spreading across the Iraqi capital, enticing customers hungry for alternatives to traditional offerings. Iraqi entrepreneurs and investors from nearby countries, not big multinational chains, are driving the food craze. They see Iraq as an untapped market of increasingly adventurous eaters where competition is low and the potential returns are high. The traditional Arabic restaurants long popular here now find themselves competing against curiously named rivals such as Florida Fried Chicken, Mr. Potato, Pizza Boat and Burger Friends. There is even a blatant KFC knockoff called KFG, which owner Zaid Sadiq insists stands for Kentucky Family Group. KARIM KADIM/THE ASSOCIATED PRESS

# Patent case. Apple seeks ban on 8 Samsung devices

Apple on Monday gave a federal judge a list of eight Samsung products it wants pulled from shelves and banned from the U.S. market.

U.S. District Judge Lucy Koh asked for the list after a jury in San Jose last week slammed Samsung with a $1.05-billion US verdict, finding that the South Korean technology giant had copied Apple's iPhone and iPad in creating and marketing the products. Samsung plans an appeal.

The products Apple wants banished from the United States are all smartphones: Galaxy S 4G, Galaxy S2 AT&T, Galaxy S2, Galaxy S2 T-Mobile, Galaxy S2 Epic 4G, Galaxy S Showcase, Droid Charge and Galaxy Prevail.

The judge has scheduled a Sept. 20 hearing to discuss Apple's demands for the sales bans.

The judge is deciding whether to reschedule the hearing to give Samsung more time to prepare. Samsung plans to ask the judge to toss out the jury's verdict as unsupported by the evidence. Failing that, the company says it will appeal the verdict to higher courts, including the U.S. Supreme Court.

In addition to the sales bans, Apple also plans to ask the judge to triple the damages to $3.15 billion because of the jury's finding that Samsung "wilfully" copied Apple.

THE ASSOCIATED PRESS

# Wages. Non-union salaries to rise: Survey

Non-union workers across Canada can expect wage increases of 3.2 per cent on average next year, according to an annual survey by Mercer.

The global business consultancy said Monday that the projected wage increases would match actual increases in base pay reported for 2012. They would also be up slightly from the average of three per cent in 2011 and 2.9 per cent in 2010.

Mercer's 2012/2013 Canada Compensation Planning Survey, conducted annually for over 20 years, includes responses from more than 750 employers across Canada and reflects pay practices for approximately two million non-union workers.

By the numbers

**3.2%**

Non-union workers across Canada can expect wage increases of 3.2 per cent in 2013, according to the Mercer survey

The results cover increases in five categories: executive, management and professional (sales and non-sales), as well as workers in the office, clerical and technician classification and those in the trades, production and service sector.

Mercer said the results are indicative of a steadily increasing trend that will also see top-performing employees enjoy even higher increases as companies strive to retain critical talent.

THE CANADIAN PRESS

Market Minute

**DOLLAR** 100.93¢ US (+0.08¢)

**TSX** 12,048.82 (-33.41)

**OIL** $95.47 US (-99¢)

**GOLD** $1,675.60 US (+$2.70)

**Natural gas:** $2.65 US (-5¢)
**Dow Jones:** 13,124.67 (-33.3)

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# PARK LIFE: FINDING JOY IN THE CITY'S COMMUNAL BACKYARD

SHE SAYS...
Jessica Napier
metronews.ca/voices/she-says

Sometimes I'm jealous of my suburban pals. I don't have a backyard, a barbecue, a deck or a pool; but I do have a park. In the city's concrete jungle, parks are an oasis of green where visitors and residents congregate en masse to enjoy the dog days of Canada's fleeting summer.

Every weekend, downtown dwellers descend from their high-rise abodes to enjoy the street-level wonders of urban parklands. They sprawl out on picnic blankets and people-watch as other park-life fans throw Frisbees, walk their dogs and engage in raucous rounds of croquet and bocce ball. After the sun goes down, people bring their own lanterns and sparklers, hosting al fresco birthday parties under the moonlight.

**Land of the park-goers**

**When so much of our urban landscape is claimed by retailers and condo developers, these impromptu gatherings allow us to take back public space as something that is truly ours.**

This summer, my neighbourhood has been playing host to a series of impromptu outdoor-movie nights. These screenings aren't so much an official community event as they are a couple of guys with a projector and enough Facebook friends to get the word out.

Tea-light candles demarcate the seating area and the previews are YouTube music videos that inspire dancing in the crowd. Bicycles litter the makeshift aisles and the organizers sell $3 cans of Pabst Blue Ribbon and PWYC popcorn. Is it legal? Definitely not, but it's amazing.

After the movie finishes, everyone gathers their garbage and quietly makes their way home. For the most part, no one is loud and obnoxious; we respect our neighbours and the sanctity of our little patch of green in the heart of the city.

When so much of our urban landscape is claimed by retailers and condo developers, these impromptu gatherings allow us to take back public space as something that is truly ours.

Parks are exempt from the rules and commercial interests that govern the rest of the city; they are places to bring home-made meals and make DIY fun. There is no waiting for a table at the park and the price of admission is nil.

My park is where I liberate myself from the monotony of the treadmill and run along winding pathways and hidden trails. It is where I go to be alone with a book or reconnect with friends over a game of Scrabble, accompanied by a concealed bottle of wine. It is the bonus piece of beautiful green space that was never advertised with my 800-square-foot apartment.

As cityscapes become increasingly dominated by paved sidewalks and towering structures of concrete and glass, our parks, no matter how small, feel like an expanse of natural realness. They should be enjoyed and celebrated but, most importantly, preserved.

Follow Jessica Napier on Twitter @MetroSheSays

A sunbather does a cartwheel in Manhattan's Westside Park in New York City earlier this summer. JOHN MOORE/GETTY IMAGES

# Look before you leap

NATE CHAPPELL/REX FEATURES

**Frog legs**

## Flipped like a pancake

This picture of a wild supper was captured in Missouri City, Texas, by photography tour operator Nate Chappell.

The yellow-crowned night heron preys on frogs but has to flip them several times in order to swallow them.

This two-legged bird needed several attempts to consume its meal.

METRO

Nate Chappell CONTRIBUTED

**Q&A with the photog**

- **How did you get the shot?** The heron was preoccupied with eating the frog, so it let me approach fairly close. I got down low in the grass to get a more intimate view and better background. I crawled on my hands and knees to get closer to the bird, knowing that the bird was less likely to fly off if I was crawling. The bipedal form of humans is how most animals recognize humans and consider us a threat.

**Longtime nesters**

**20**

**The number of years a yellow-crowned night heron family will inhabit a single nest. This is remarkable loyalty as the bird only lives for around six years, but its family will stay far beyond that. However, in many of the U.S. breeding grounds, the nests are under threat from hunters.**

Metropolitan Panel

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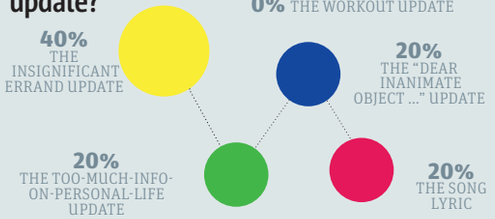
## What's the most annoying Facebook status update?


0% THE WORKOUT UPDATE
40% THE INSIGNIFICANT ERRAND UPDATE
20% THE "DEAR INANIMATE OBJECT ..." UPDATE
20% THE TOO-MUCH-INFO-ON-PERSONAL-LIFE UPDATE
20% THE SONG LYRIC

**Twitter**

**@fruinjuice:** Nice sunrise to start the day in #Calgary - makes me glad I'm not a sailor though... #redsky #yyc

**@kathleenahenda:** Ran through the water park at Olympic Plaza like a BOSS. Or a LITTLE CHILD. Not sure which. #yyc #funtimes

**@mellulaaar:** That moment when you're sitting on the bus and realize your legs are still slightly stained with fake blood... #evildeadmusicalproblems #yyc

**@caitlinco:** I get such a thrill out of calling #yyc 311 - just being a dutiful citizen.

**@ToriePeterson:** Just stung with my first #yyc parking ticket in 9 years of driving. I consider it a feat I've made it this long without one.

metro

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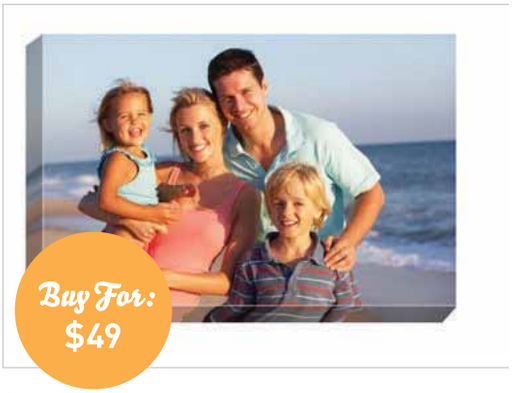

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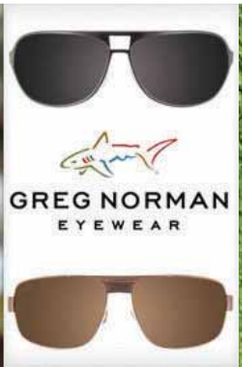


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SCENE 2

DVD reviews

## Battleship

**Director.** Peter Berg

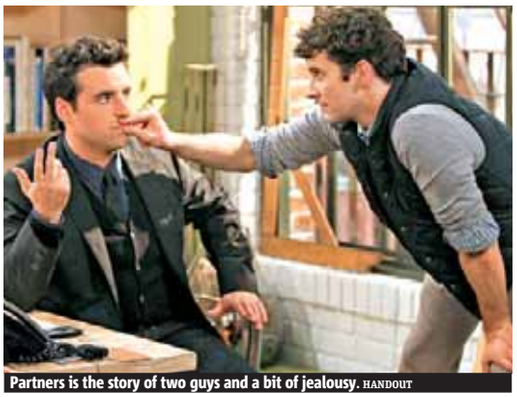
**Stars.** Alexander Skarsgård, Brooklyn Decker, Liam Neeson

The reliable Liam Neeson elevates every film he puts his name to, including pay cheque gigs like Clash of the Titans. But even he couldn't keep Battleship from tanking. Based in name only on the old Hasbro board game, the Peter Berg-directed film awkwardly yokes a romantic redemption tale with a sci-fi potboiler about space aliens invading Earth. Neeson gives good stare in Battleship, as the admiral in charge of the U.S. Navy Pacific Fleet. That's about all he gives, but you can't blame him. The characters are little more than game pieces in this exercise in CGI overkill. Taylor Kitsch is the putative star, playing screw-up Alex Hopper, who fails at the high ideals set by his Navy-straight older brother Stone (Alexander Skarsgård). Battleship gives little reason to care about these characters. The state of your hearing after all the boom-boom would be of greater concern.

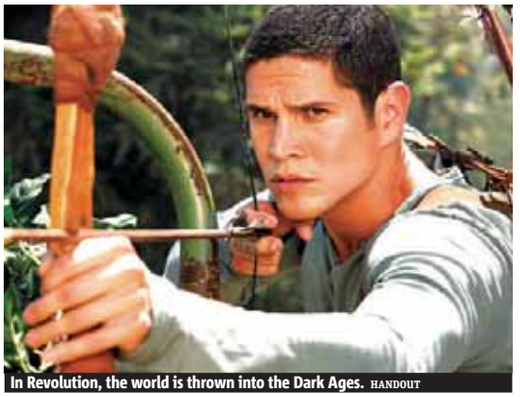
PETER HOWELL

On the web

After a century of movie copyrights, piracy and preservation still present challenges.



Partners is the story of two guys and a bit of jealousy. HANDOUT



In Revolution, the world is thrown into the Dark Ages. HANDOUT

# TV's fresh fall crop a rather safe fare

**Predictable choices.** With the exception of Animal Practice, new programs seem to be sticking to tried-and-true formulas

Here's a fearless prediction for the new fall season: Animal Practice will be either a hit or a big-time miss; either a comedy game-changer for NBC or a punch line for its ratings desperation.

This sitcom about a veterinarian and his monkey sidekick is already commanding the attention of viewers. NBC has heavily hyped it, most notably by interrupting the Olympics closing ceremony to air a preview of the show and enraging viewers waiting for the Who.

But who cares if they're angry? For any new show, just getting noticed is half the battle. Between now and December, Animal Practice (airing on Global in Canada) is among nearly two dozen series getting launched by the five broadcast networks, which for weeks have been feverishly hyping the new crop with everything from bus ads to Twitter feeds, plus multi-platform previews of some shows, like Animal Practice, thrown in.

All of this is done with the certain knowledge that at least two-thirds of the new fare, no matter how relentlessly promoted, will have fallen by the wayside by this time next year.

Remember these duds from last fall: Charlie's Angels? Free Agents? How to be a Gentleman? Does a similar fate await Animal Practice, which stars Justin Kirk as a misanthropic veterinarian and Crystal, a scene-stealing capuchin monkey, as his oddly human second banana? Or what about Go On, an NBC comedy (airing on Global in Canada) that casts Matthew Perry as a sports-talk radio host forced to attend grief counselling after the death of his wife?

Or what about Chicago Fire (airing on Global in Canada) an action drama about firefighters from Law & Order maestro Dick Wolf? Chicago Fire could be pigeonholed as a show about public safety, but bona fide cop dramas — one of TV's most enduring genres — are represented by three fanciful variations.

On Vegas, CBS' robust new drama (airing on Global in Canada) set in the early 1960s, Dennis Quaid plays a rancher-turned-sheriff of the budding gambling mecca, with Michael Chiklis a mobster casino boss.

NBC's Elementary (airing on Global in Canada) stars Jonny Lee Miller as a modern-day detective with the name and quirkiness of legendary Sherlock Holmes, and Lucy Liu as Dr. Joan Watson. They assist the New York Police Department with solving crimes.

And the CW's Beauty and the Beast (airing on Showcase in Canada) features a lovely young homicide detective (Kristin Kreuk) who reconnects with a handsome young doctor who saved her life when a teenager. She also discovers his terrible secret: Thanks to a military experiment gone awry, when he is enraged, he becomes a terrifying beast with uncontrollable strength.

Meanwhile, there's just one new lawyer show on tap: CBS' Made in Jersey (airing on Global in Canada), which stars British actress Janet Montgomery as a young working-class Jerseyite from a long line of self-taught beauticians, a gal who bought her attache case not on Madison Avenue but down the shore. She lands a job across the river at a prestigious Manhattan law firm where her style raises eyebrows but wins cases.

Autumn will bring three new doctor dramas, each of which — like Made in Jersey — is headlined by a woman.

Jordana Spiro stars in Fox's The Mob Doctor (airing on CTV in Canada) as a Chicago surgeon whose obligations to the mafia require her to give medical treatment to a gang of hoods.

On the CW's Emily Owens M.D. (airing on CTV in Canada), Mamie Gummer plays a young med-school grad who's beginning a hospital internship full of hope. And on the Fox comedy The Mindy Project, creator-star Mindy Kaling plays a thriving OBGYN whose personal life is a succession of pratfalls.

NBC's edgy The New Normal (airing on CTV in Canada) finds gay couple Andrew Rannells and Justin Bartha concluding there's only one thing missing from their happy home: a child. Also trading on the gay theme is Partners (airing on Citytv in Canada), with David Krumholtz as Joe and Michael Urie as Louis, partnered architects and best friends since high school.

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

## *Tom Cruise kept the diamonds coming*

THE WORD
Monica Weymouth
scene@metronews.ca

Say what you will about Tom Cruise — we certainly do — but the guy isn't cheap.

During their five-year marriage, Tom Cruise showered Katie Holmes with the type of gifts found only under the Scientology Christmas tree.

"Tom was extremely generous to Katie with lavish gifts during their marriage, and she will be keeping millions of dollars of jewelry, Hermes handbags and other luxurious items," a source tells RadarOnline.

"Tom gave Katie diamond earrings as a birthday gift one year that easily cost over $500,000, and he had custom design pieces made for her."

Under the terms of their divorce, Holmes gets to keep the swag and is free to sell it if her earlobes get tired — meaning, we can only hope, that she won't need that Dawson's Creek reunion paycheck.

Kellan Lutz

## Twilight actor misses the pre-fame days

Despite the mega-success of the Twilight film franchise, Kellan Lutz kind of misses the good old days.

"My favourite moments were during the first movie, before any of this craze happened. We were just ourselves, no one really knew who we were yet," Lutz tells Us Weekly. "We haven't changed per se, but we were able to get away with a lot more." And while some members of the cast have dealt with the spotlight better than others, Lutz insists the series' popularity caught them all off guard.

"I don't really like to comment on everyone else's process, but I think we've all done the best we could with this," he says. "It can be surreal sometimes. I don't know if we all knew what we were fully getting into on all fronts."

## Happy couple, Reynolds, Lively going strong

After almost a year together, Ryan Reynolds and Blake Lively are still going strong, according to People magazine. The happy couple was spotted in New York City last week celebrating Lively's 25th birthday with an indulgent treat at Serendipity 3. "They were very attentive to each other, sitting close and very into each other," an eyewitness says. "They were oblivious to what was going on around them,"

Blake Lively and Ryan Reynolds

Twitter

**@SethMacFarlane**
A big part of my life is trying to apply Purell without being noticed by the person who just shook my hand.

**@BetteMidler**
Gentle readers, by now you have gathered that I have been interested in wacky weather ever since I saw smog for the first time 40 yrs ago..

**@rustyrockets**
I deny all hurtful rumours that I have invented bejeweled hover-shoes. Lawyers tell me they are fashionable.

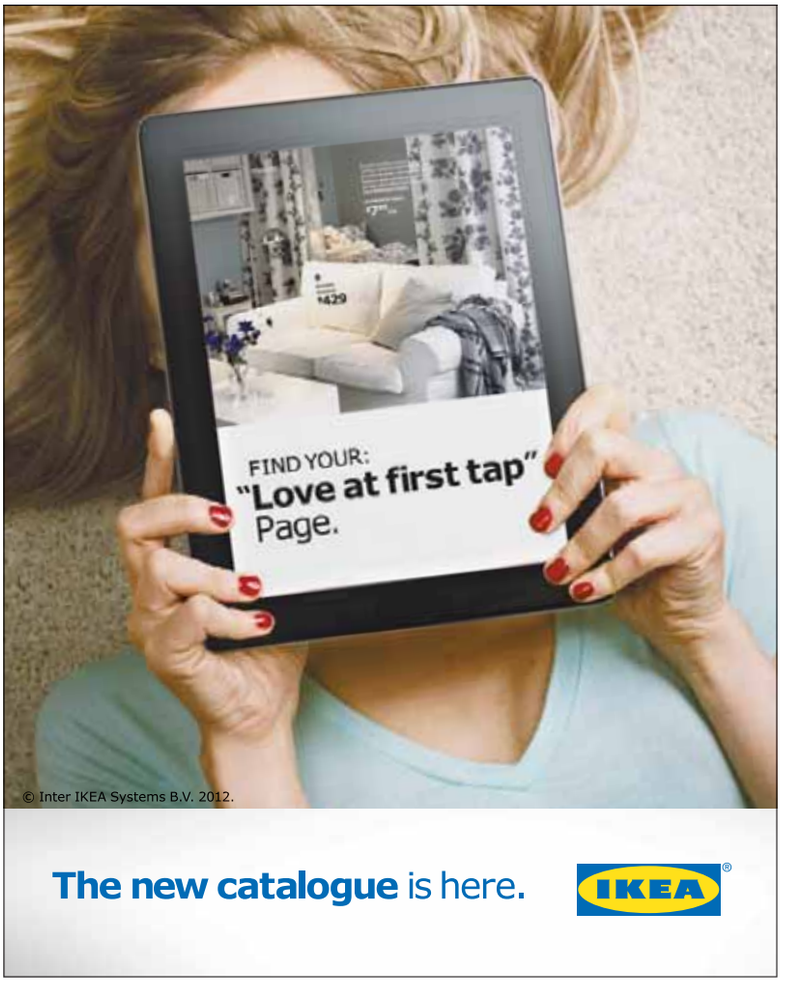
**@SandraBernhard**
camping is fine as long as someone else does all the work

Angelina Jolie and Brad Pitt

## Pitt children let loose in French toy store

Brad Pitt and Angelina Jolie squeezed in a little late-summer vacation time, taking four of their six kids to the coastal town of Le Touquet, France, over the weekend, according to People magazine. Pitt and Jolie treated daughters Zahara, Shiloh and Vivienne along with son Knox to pizza before letting them loose on a local toy store Jolie had visited before.

"I wasn't notified of their visit. I didn't expect it. I didn't even recognize them. I said 'Bonjour' like I do to all my clients and then I saw Brad Pitt," an employee of Culture Kid tells the magazine. "Since Angelina was here with her son last year, the shop has moved, but they found us."



Visual aids can be used to help remind people that they have reached their limits on snacking. HANDOUT

# Obey the stop sign for snacking

**Health options.** New study shows that visual cues can effectively cut down on consumption of snack and junk foods in your home

BEN KNIGHT
life@metronews.ca

Snacks are seductive. So delicious. So satisfying.

Not always healthy, though — and overindulgence is a constant danger.

But new research from Cornell University in Ithaca, N.Y., suggests that visual cues can effectively cut consumption, without really damaging enjoyment.

Cornell's food and brand lab dyed every seventh chip in a stack of potato chips red, then gave them to unsuspecting test subjects.

"We simply had marker chips in there," says lab director Brian Wansink, author of Mindless Eating: Why We Eat More Than We Think.

"We didn't say anything. There was no mention of why it was red, or anything. Simply having a marker chip in there led people to eat either seven or 14 chips. They got to the point where they'd see this stop sign. They might eat one or two more chips, but they wouldn't eat 50 more."

**By the numbers**

**$2.1B**

**$2.13 billion is the value of snack food products shipped by Canadian producers in 2009.**

A happy accident, or real science?

"We did the study three times, because the first time, it seemed too good to be true," he says. "Every time we did it, we saw this huge, huge effect."

But does it work when people know what the red chip means? Can this work with other snack foods, which don't so easily stack?

"Yes, yes, yes!" Wansink enthuses. "You can break your snacks up into little baggies. It may not be good for the environment, but it gives you a visual stop sign. Or you can use a twist seal to reseal a candy bar after you've eaten part of it."

He also suggests eating ice cream out of a little bowl.

"You can go back for seconds. You can go back for thirds! The empty bowl is kind of a red chip, saying 'Hey, do you want more?' You can have more, but you have to make that decision."

Wansink insists that eating less doesn't mean there's a matching drop in snack satisfaction.

"What we find is that it doesn't seem to be the amount. It's just whether you get the snack or not. We find that people get tremendous satisfaction out of just half the amount they would otherwise eat.

"Visual stop signs cause you to think twice."

**On the Web**

**US Open defending champ Samantha Stosur on fitness, Japanese food, kick serves**

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Recreational use of MDMA can have long lasting effects. ISTOCK PHOTOS

# The agony of ecstasy

**Health effects.** Study finds that even casual use of MDMA over a short period of time can have lasting issues

CELIA MILNE
life@metronews.ca

Taking MDMA pills at a rave could hurt your brain in the long run.

MDMA — also known as ecstasy, XTC, Adam, E, or the love drug — is illegal.

It is sold inexpensively on the street, and is commonly taken at all-night dance parties.

When you buy ecstasy, you are often getting drugs other than MDMA, including caffeine, ephedrine, amphetamine or LSD, which can make it lethal, according to the Centre for Addiction and Mental Health (CAMH).

There have been reports of clusters of overdoses and even deaths of young people from MDMA, but its long-term effects have been widely debated. A new study in Germany has found MDMA can indeed have lasting effects on brain function.

Researchers ran tests on 109 people in the study; some had taken no MDMA and some had taken as many as 60 pills in the previous year.

The 23 volunteers who had used more than 10 pills of MDMA did significantly worse on tests of visual memory and learning than those who didn't take this recreational drug.

Researchers made sure that the differences in brain function couldn't be explained by age, intelligence, medical history, nutrition, sleep quality or whether subjects were users of cannabis, alcohol and cigarettes.

"Our findings may raise concerns with regard to MDMA use, even in recreational amounts over a relatively short time period," noted the authors.

The study is being published in the Journal of Addiction Medicine.

Up and Down

## UP

### Paddleboarding

That's what the cool celebs, including Twilight's Ashley Greene, have been up to this summer. Stand on an oversized surfboard and use your arms to power your way through the water with the help of a paddle. It's tough work, and if you keep at it, you'll end up with a toned upper body and thighs of steel. Want to bring things up a notch? Try Paddleboard Yoga…

## DOWN

### Arrogant people

Researchers at UC Berkeley found that overconfidence, the belief that you are more physically talented, socially adept, and skilled at your job than you really are, is influenced by social status. Professor Cameron Anderson, co-author of the study, explains that those who believe they are better than others tend to be given a higher place in the social ladder. But thinking you're the best isn't always a good thing. In fact, the study shows that it can negatively affect both performance and decision-making. So pipe down.

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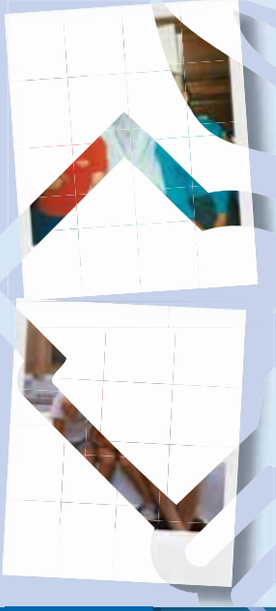

As a guitarist, my eldest brother Graeme inspired me to learn to play; as a weightlifter, he used to show off by bench-pressing me above his head; and later, when I was bullied in school, he would pick me up in his boat of a car, looking intimidating in black clothes, covered in tattoos.

In his early 30s, he was diagnosed with kidney disease—he never showed it, he never looked or seemed sick... I was shocked when I found out that he would need a transplant.

My hope came in the form of my brother's friend since high school, Todd, who offered his own kidney to save my brother's life...

Adrienne, a grateful sister

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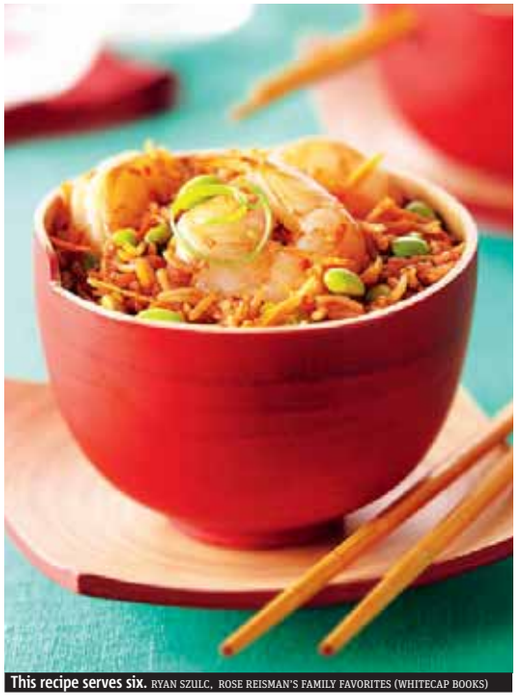
# Finally, a healthy version of Shrimp Fried Rice



This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Fried rice in Asian restaurants is often made with lard or excess oil, adding enormous amounts of calories and fat.

I use a stock-based sauce that only uses a tablespoon of sesame oil. Also, instead of traditional green peas, I use edamame. That brings the calories per serving to 309 and the total fat to 5.4 grams.

**1.** Sauce: Whisk chicken stock, soy sauce, sesame oil and chili sauce in a small bowl. Set aside.

**2.** Add rice to stock and bring to a boil. Reduce heat to low, cover and simmer 10 minutes. Remove from heat and let sit for 10 minutes, covered.

**3.** Lightly coat large skillet or wok with cooking spray, add oil and set over medium-high heat. Add onion and sauté 5 minutes or until softened. Add garlic and ginger and sauté 1 more minute. Add shrimp and edamame and sauté 3 minutes or until the shrimp just turns pink. Stir in the carrots and green onions.

**4.** Add cooked rice to shrimp mix. Add sauce and stir-fry 2 minutes, or until everything is warmed through and rice is coated with sauce. Serve hot.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

**Ingredients**

**Sauce**
- 1/3 cup chicken stock
- 3 tbsp low-sodium soy sauce
- 1 tbsp sesame oil
- 1 tsp hot chili sauce

**Rice**
- 1 1/2 cups white rice
- 1 1/2 cups chicken stock
- 2 tsp vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp each finely chopped garlic and ginger
- 4 oz raw shrimp, peeled, deveined and diced
- 1 cup frozen shelled edamame
- 1/2 cup each grated carrots and chopped green onions

**Health Solutions**

## *Cereal killer*

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Say "fibre" and everyone thinks "bran," but there is a world beyond wheat that may be even better for you.

One of the key nutrients required for, ahem, regularity is magnesium and magnesium can be bound by wheat bran rendering it inabsorbable.

So over the long haul, you want to vary the source of bulking substance like wheat bran (insoluble fibre) and add cholesterol lowering, blood sugar regulating soluble fibre from other sources. (And I will try to keep this clean...promise.)

**Insoluble Fibre Sources**

**1. Kidney and Lima Beans, Lentils and Dried Peas**
Kidney and lima beans as well as lentils and dried peas are fabulous sources of soluble fibre. Find a way to work them into your soup, rice or entrée daily.

**2. Psyllium Husk**
Psyllium husk is found in some breakfast cereals but also as a powdered supplement that can be added to just about anything.

**3. Barley**
Barley is a fabulous alternative to rice. Cooked in stock and stirred with grated Parmesan cheese, it is almost risotto-like. Tossed into salads and soups it adds texture and flavour.

What insoluble fibre does is pull water into the bowel to form an easy to pass gel. This prolongs stomach emptying time to slow down digestion of sugars and helps capture and remove bad fats. Easy, peasy...get it?

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

# Thai Barley Salad.
## Seasonings spice up this easy summer side dish

**1.** In saucepan, bring 625 ml (2 1/2 cups) lightly salted water to boil. Meanwhile, rinse barley; add to boiling water. Cover and simmer until tender but still slightly chewy, about 25 minutes. Drain and rinse under cold water. Drain well, then place in bowl.

**2.** In bowl, whisk lime juice, vinegar, chili garlic sauce, fish sauce, sugar and salt until sugar is dissolved. Whisk in oil.

**3.** Cut peaches and red pepper into 2-cm (3/4-inch) pieces. Add to barley along with green onions, spinach, bean sprouts and mint. Drizzle with dressing. Toss to combine. THE CANADIAN PRESS/ FOODLAND ONTARIO

**Ingredients**

- 175 ml (3/4 cup) pearl barley
- 30 ml (2 tbsp) each lime juice and unseasoned rice vinegar
- 15 ml (1 tbsp) hot Asian chili garlic sauce
- 7 ml (1 1/2 tsp) each fish sauce and granulated sugar
- 2 ml (1/2 tsp) salt
- 30 ml (2 tbsp) vegetable oil
- 2 locally grown peaches
- 1 sweet red pepper
- 2 green onions, thinly sliced
- 500 ml (2 cups) baby spinach
- 250 ml (1 cup) bean sprouts
- 50 ml (1/4 cup) chopped fresh mint

# Flavour gets all rolled up: Pork and Cashew Rice Paper Rolls

For something a bit different, try these Pork and Cashew Rolls, which use rice paper. Rice paper is used for making fresh summer rolls (salad rolls) or fried spring rolls in Vietnamese cuisine. It offers a great contrast texture to the ingredients that are rolled up in it.

**1.** Slice pork tenderloin in half lengthwise, cut halves into thin strips. Heat oil in large skillet over medium-high heat; cook pork until browned, about 10 minutes.

**2.** Add 1/2 cup (125 ml) of the garlic rib sauce. Cook for another 5 minutes until sauce glazes the meat, set aside.

**3.** Place one sheet of rice paper in large bowl of warm water to soften, about 1 minute. Carefully remove paper and lay on work surface. In the bottom third of paper, place small piece of lettuce, top with small pile of noodles (about 2 tbsp/30 ml). Top noodles with fillings, being careful not to overstuff or the paper will tear.

**4.** Fold the bottom of paper over top of fillings and begin to roll into a cylinder. Fold sides in and continue rolling to enclose. Once all the rolls are finished slice in half; serve with remaining 1/2 cup (125 ml) of the garlic rib sauce for dipping.

NEWS CANADA/VHSAUCES.COM

**Ingredients**

- 500 g (1 lb) pork tenderloin
- 15 ml (1 tbsp) vegetable oil
- 250 ml (1 cup) VH Medium Garlic Rib Sauce
- 10 rice papers (or as many as needed)
- 10 lettuce leaves, a tender variety such as red or green leaf, Bibb or Boston
- 125 g (4 1/2 oz) thin rice vermicelli noodles (half a package), soaked and drained

**Filling**
- 50 ml (1/2 cup) each fresh mint, green onions, cashews or peanuts, finely chopped
- 250 ml (1 cup) julienned cucumber (and/or julienned red pepper strips, carrots or mangoes)

This recipe serves four. NEWS CANADA

Advice

# *Talking about expensive wedding gifts*

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

**My boyfriend and I have been together for more than 15 years, and he is from a large family, with more than 20 nieces and nephews, most of whom are now in their early-to-late 20s. When these nieces and nephews start to get married, we will have to attend their weddings and buy a gift. Isn't the usual gift amount about $75 to $100/person attending? My boyfriend hasn't worked in years and we live in a small one-bedroom rented apartment, which I pay for. And since my boyfriend doesn't have any money, I will be paying for these gifts. This has already happened over the years. I don't want to be forced to pay for an expensive gift for his family. The suggestion of not attending any of the weddings could be awkward, but that's a lot of weddings to attend and pay for gifts, or to avoid. Can you please advise your suggestion on this situation?**
**Thank you,**
**Not Cheap but Poor**

Dear Not Cheap but Poor,

I am a very firm believer that you should never put yourself into debt when giving a present, and it is wrong for anyone to expect this of you. I would think that the rest of the family would have the same predicament.

So the first thing that comes to mind is that perhaps the family would consider a "common family gift" that everyone can put what they can afford in a jar and with that money you buy one present (or the total sum of monies collected) on behalf of the entire family, or at least the contributors.

Thus if you can afford $10, $20 or more, that is your contribution, however, everyone only puts in what they can, and everyone signs the card equally. Good luck, and please let us know what happens.

You should never put yourself in debt when giving a gift. ISTOCK

# 'Intervention meets Sex and the City'

**Reality TV.** Reformed 'other woman' offers plenty of advice in The Mistress, which premieres Wednesday

MELISSA REBER
For Metro

If you're caught in a love triangle with a married man, Sarah Symonds has some advice for you: "Get out! Don't walk, run! He will never leave his wife for you."

Sarah would know; she calls herself the reformed "other woman" after a string of affairs (including ones with chef Gordon Ramsay and Jeffrey Archer) left her heartbroken and alone.

She wrote the book Having an Affair? A Handbook For The Other Woman, which stirred up major media interest on the controversial subject. Now she has teamed up with Great Pacific Media to produce a reality show called The Mistress, where she will work with women stuck in these dysfunctional relationships to help set them on the right path. The show premieres Wednesday at 8 p.m. ET on Slice.

**What was it that attracted you to the lifestyle of 'the other woman'? What made you finally stop?**

At the time I started I was in my late 20s, I was mixing in a high octane PR world. I didn't have the filter to say no. Most of the men I dated were unavailable or married, although sometimes I didn't know that at first. In 2006 I had my heart broken beyond words and that's what made me sit down and write my book. Then when the Gordon Ramsay scandal broke, I didn't want to be that girl in the tabloids and have my parents see that. I wanted to be done with it.

**Have you ever been confronted by one of the wives (any fights)?**

No physical fights, but I've called both the wives of the men I really loved. It was not out of malice, it was out of pain, but the reaction I got when I called the wives… they were so matter of fact, and there I was bawling my eyes out. They just said, 'OK, I'll have a talk with him when he gets home.'

It was unbelievable.

There are some altercations on the show, but it's not about that and it's not about exposing him (the man). It's a raw subject and I'm trying to get them out of this toxic relationship, and when that happens there are going to be confrontations.

**What are the top three signs that your partner might be cheating/has a mistress?**

1. If he's suddenly mysterious about his cellphone, if he doesn't want you to see his missed calls or text or he goes into the washroom to use his cellphone — wake up! Who does that? He's probably hiding something.

2. If he says he needs alone time or is willing to run around doing any errands he normally wouldn't. Remember that the "other woman" is always asking to see him so to keep her happy he'll have to find excuses to get out of the house.

3. If he suddenly offers to do his own laundry — what man does that? He might be trying to make sure you don't see any stains on his shirt or a fancy restaurant receipt he left in his pocket.

You've got instincts, use them! If you think something is wrong, investigate it. Having said all that, don't be paranoid, but don't be stupid. Be real.

**Advice for the wives?**

Wives need to wake up! After you get married you have to still be the woman he married. This might be harsh, but if you're not sleeping with your husband someone else is. But I don't place the blame only on the wife or on the husband; there is blame on both sides. Men — go home and talk to your wife. If it's not working out then end it. It's called wedlock not deadlock!

**What's the difference between mistresses around the world?**

I hear from women everywhere. Just last week I got emails from women in Manila (Philippines), India, Australia… and it's all textbook details; same situation, different location.

**Tell me a bit about the show. What should viewers expect?**

It's a mix of Intervention meets Sex and the City. It has a redemption edge to it, but it's a wake-up call for mistresses. My work is over five days with them and I want to get them to realize they are worth more and to move on. Each story is so different… different ages, colours, circumstances. This show is myth busting. You typically think of the busty blond being the mistress, but on the show what we see is so far from that stereotype. It'll blow your mind.

It took a Canadian company to believe in me, so bravo to Canada for taking a chance.

People are interested and searching for this info. And who knew there was so much infidelity here (laughs).

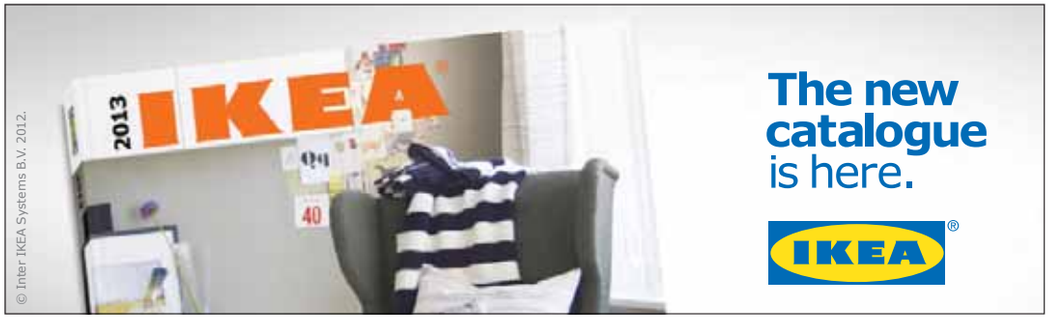
We've already done 14 episodes and women keep knocking on my door wanting to be involved in the show!

Sarah Symonds

Quote

**"If he suddenly offers to do his own laundry — what man does that? He might be trying to make sure you don't see any stains on his shirt or a fancy restaurant receipt he left in his pocket. You've got instincts, use them!"**

Sarah Symonds offers advice to women who think their partner may be cheating



# Ready, set, head for the border!

**Alison's Money Rule.** Keep travel and accommodation costs low to save big on cross-border shopping

YOUR MONEY
Alison Griffiths
money@metronews.ca

There are plenty of good reasons to cross the border for your shopping needs. ISTOCK IMAGES

Desperately seeking last minute back to school deals? Go south.

Call me unpatriotic and a Canadian business killer, but financially stressed families can't be faulted for wanting to save money by taking advantage of cheaper prices.

New customs rules and a strong loonie provide good reasons to head into the US for all those must have school clothes, electronics and other goodies.

But if you go be prepared for long waits during peak times this weekend as the 50 million visits annually by Canadians to the U.S. is the highest in two decades.

Higher limits on what we can bring back to Canada went into effect in June, which will only boost that visitor number.

For stays of 24 hours the import limit is $200, up from $50, and a flat $800 if you stay more than 48 hours, up from $400 for two day visits and $750 for a week or more.

According to the most recent BMO Capital Markets cross border shopping report, some of the best deals south of 49 are the kinds of things kids need\want for school. For example, running shoes are 37 per cent cheaper in the States, those adorable Pottery Barn Kids backpacks cost 26 per cent less and you'll save 19 per cent on kids' Gap T-shirts.

A basket of U.S. goods including diapers, BBQs, iPods, golf balls and small appliances produces a savings of 14 per cent.

However, don't just focus on prices.

Factor in the cost of gas, meals, hotel as well as duty and GST and HST if you go over limit — which is very easy to do.

Group trips — mini-van anyone? — will certainly save on gas and using loyalty points for hotels is another good strategy.

Don't forget to take the exchange rate into account. Though the posted rate may show the loonie at par or better, when you buy greenbacks it will cost you three to four cents more.

And if you use your credit or debit card there will be an exchange rate differential plus (usually) a 2.5 per cent transaction fee.

**YOU CAN CHECK OUT BORDER WAIT TIMES AT APPS.CBP.GOV/BWT/INDEX.ASP, CBSA-ASFC.GC.CA/BWT-TAF/MENU-ENG.HTML.**

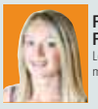
**In numbers**

**2.7**

The number of Canadian visits to the U.S. for every one American trip to Canada.

**Affordable travel**

## When loyalty doesn't pay off



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

I had my frugal butt kicked last week as I planned an affordable last minute trip to Europe. In light of the Eurozone debt crises, some of the most inexpensive international holidays at the moment are European vacations.

I had the right idea on how to save money – wait until after the Olympics, be semi-flexible on the location, try to snag a last minute travel special and use loyalty points for flights, rail and hotels.

But, when it came time to redeem my travel rewards, I couldn't use a single point towards any part of the trip.

My first error was waiting too long to book; my second error was trying to book a seat sale on flights through my VISA points — which I have done on previous occasions.

But because I didn't leave enough time in advance, according to VISA's policy, the cheap flights were not available nor eligible for point redemption.

A July 2012 American Express survey revealed that approximately 19 per cent of North Americans use loyalty points for travel throughout the summer months; hence the limited availability.

The next eye-opener for me was learning the true cost of trying to use loyalty rewards semi-last-minute; the amount of points it takes to purchase a ticket can be triple the normal amount. No thanks! That's a bad deal!

That's when I decided to book my seat sale without using points and instead I paid with cash.

Thankfully, with a strong Canadian dollar, off-season pricing and switching to a local airline from London, the price tag was 50 per cent less than if I were to have planned travelling mid-summer.

Post purchase, I learned through Google research that the greatest value travel point collectors receive is when they use their points for business or first class tickets.

Thus, I tried one last time to use my points for an upgrade to business class for the long-haul portion of the trip.

NO-GO.

Because I'd booked seats on sale my 'cheap seats' weren't eligible for upgrades … on any segment of the trip.

I still believe in collecting points because I love free things.

But, my unpleasant experience has taught me that to maximize the greatest value from a loyalty program, book well in advance.

I'd also recommend avoiding rewards programs you don't plan to redeem within a short time frame (five years or less).

This is because the longer you wait, the more likely it is the point system will change and adjust to the increasing cost of providing the rewards.

Follow Lesley on Twitter @LesleyScorgie

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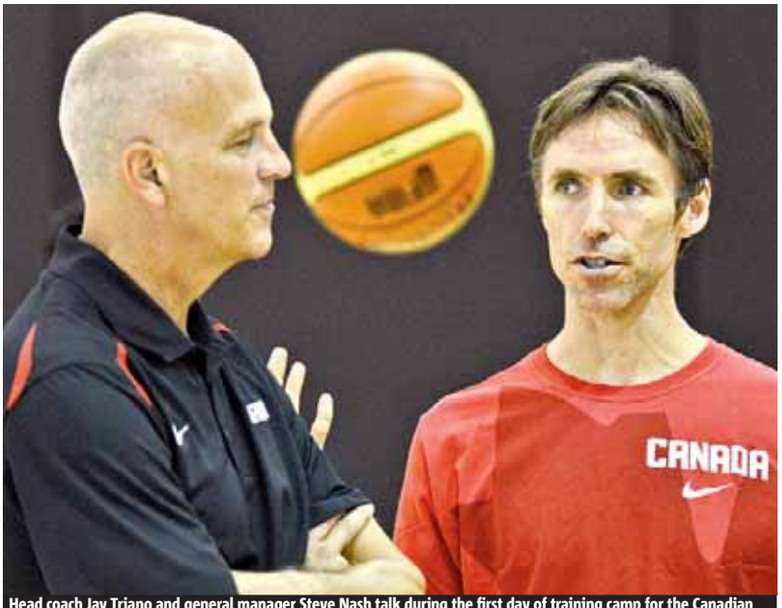
# Triano looking for big Canadian commitment

**Basketball.** Eyeing Olympic berth in Rio, national team coach expects four-year pact from his players



Head coach Jay Triano and general manager Steve Nash talk during the first day of training camp for the Canadian men's national basketball team in Toronto on Friday. TARA WALTON/TORSTAR NEWS SERVICE FILE

Jay Triano has witnessed first-hand how the United States men's basketball team changed from underachievers to back-to-back Olympic champions.

He believes the same approach will lead Canada to its first Olympic berth since 2000, and he expects his players to buy in for the long haul.

Just two weeks after the London Olympics closed, Triano and his coaching staff were putting a promising roster of players through shooting drills on Monday at the end of a five-day training camp designed to prepare Canada for the 2016 Rio de Janeiro Games.

Triano, just days into his second stint as national team head coach, expects players at the camp to commit to the national team for four years, saying the long-term pledge is essential to getting Canada back on basketball's world stage. Triano was an assistant coach on the U.S. national team when it went from an underachieving group that settled for an Olympic bronze medal in 2004 to a cohesive powerhouse.

"I think gone are the days when you can throw 12 players out there and expect to compete, and I think my time with the United States team showed that," Triano said. "Jerry Colangelo asked those players for a three-year commitment. When they did that and the players became committed, that's when they became successful and won back-to-back gold medals."

Canada hasn't always been able to field its best possible team in Olympic competition. Star guard Steve Nash, now the team's general manager, stopped playing for Canada after it failed to qualify for the 2004 Olympics and focused on his NBA career. Centre Jamaal Magloire, who has been working with the big men at the camp, opted not to play during the height of his career. Centre Samuel Dalembert was dismissed from the team after a rift with former coach Leo Rautins.

"If we're going to be successful, guys are going to commit," Triano said. "The fact that they're here working as hard as they are right now speaks volumes to their commitment. We're going to have to decide as a staff which players we want to move forward and be part of our commitment to the program."

In order to build for Rio, Nash and Triano hope to involve young players early and get them used to spending their summers working with the national team. THE CANADIAN PRESS

**Quoted**

**"I'm definitely committed. I have a lot to learn from these guys ... Being able to learn from them from now until it's time to play in the Olympics, I think I'll be ready by then."**

**Top prospect Tyler Ennis,** who flew in from an elite high-school basketball showcase in Los Angeles to take part on the last day of the camp

**Bringing the best**

**It appears Canada may have turned a corner as far as getting its best players out.**

- NBA regulars Joel Anthony and Tristan Thompson were among those taking part, along with up-and-comers Kris Joseph, Cory Joseph and Andrew Nicholson.
- Recent Los Angeles Lakers draft pick Robert Sacre was at the camp in Toronto along with former Gonzaga teammates Kevin Pangos and Kelly Olynyk.

## Tennis. Wozniak breezes into Round 2 at U.S. Open

Aleksandra Wozniak plays a backhand during Monday's match against Alexandra Cadantu in New York. GETTY IMAGES

A two-hour rain delay at the U.S. Open didn't throw Canada's Aleksandra Wozniak off her game.

Wozniak reached the second round of the Grand Slam with a 6-0, 6-3 win over Romania's Alexandra Cadantu on Monday.

The 48th-ranked Wozniak, a quarter-finalist last week in a Dallas tune-up event, needed little more than an hour to advance after losing four of her last five opening matches at Flushing Meadows.

The native of Blainville, Que., made it to the third round in 2009.

"Overall, it was the first solid match for me here," Wozniak said.

"She started putting more balls in during the second set. I'm glad I stayed on top of her and won this one. It was nice that it went so fast after the long rain delay."

Wozniak will next play good friend Lucie Safarova, who beat American Melanie Oudin 6-4, 6-0. THE CANADIAN PRESS

**Quoted**

**"I'm looking forward to the second round. I'm really focused."**

Aleksandra Wozniak

**Also on Monday**

**Seeking that elusive first Grand Slam title, Andy Murray began his U.S. Open campaign Monday with a straight-set victory over Alex Bogomolov Jr.**

- The Olympic gold medallist overcame early breaks in the first two sets of a 6-2, 6-4, 6-1 win.
- Third-seeded Maria Sharapova came back from a three-week break and defeated Melinda Czink of Hungary 6-2, 6-2.

**CFL**

## Joseph gives Esks a jolt vs. Argonauts

Kerry Joseph and Hugh Charles ran for touchdowns to lead the Edmonton Eskimos to a 26-17 win over the Argonauts on Monday night in Toronto.

Joseph replaced injured starter Steven Jyles in the first half and had a one-yard touchdown run to end the first quarter for Edmonton before Charles essentially cemented the Eskimos' fifth straight win over the Argos with a 10-yard scamper 2:31 into the fourth.

Charles' TD came after Toronto (4-4) made a game of it in the third. THE CANADIAN PRESS

Eskimos QB Kerry Joseph celebrates his touchdown on Monday. THE CANADIAN PRESS

**NFL**

## Eagles say Vick is nearly ready to go

Michael Vick will take his next snap in the season opener for the Philadelphia Eagles.

Vick is back at practice after leaving last Monday's game with injured ribs. He didn't play in Friday's game at Cleveland, but returned to the field Sunday night for Philadelphia's annual practice party.

"I think he's real close to 100 per cent," offensive co-ordinator Marty Mornhinweg said Monday. "I thought he threw the ball last night just beautifully; threw it strong and aggressively. So, I think he's ready to rock and roll." THE ASSOCIATED PRESS

**4 SPORTS**

**Mobile sports**

**The party appears over for talented young Dallas receiver Dez Bryant after a tumultuous summer. According to numerous reports, the Cowboys have set guidelines for Bryant to attend weekly counselling sessions, have a full-time security team and not be allowed to consume alcohol or attend strip clubs. Scan the code for the story.**

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# MLB

## AMERICAN LEAGUE

### EAST DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| New York | 74 | 54 | .578 | — |
| Baltimore | 70 | 57 | .551 | 3½ |
| Tampa Bay | 70 | 58 | .547 | 4 |
| Boston | 62 | 67 | .481 | 12½ |
| Toronto | 57 | 70 | .449 | 16½ |

### CENTRAL DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Chicago | 71 | 56 | .559 | — |
| Detroit | 69 | 58 | .543 | 2 |
| Kansas City | 56 | 71 | .441 | 15 |
| Cleveland | 55 | 73 | .430 | 16½ |
| Minnesota | 52 | 76 | .406 | 19½ |

### WEST DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Texas | 76 | 52 | .594 | — |
| Oakland | 70 | 57 | .551 | 5½ |
| Los Angeles | 66 | 62 | .516 | 10 |
| Seattle | 62 | 67 | .481 | 14½ |

**Sunday's Games**

Detroit 5, L.A. Angels 2
N.Y. Yankees 4, Cleveland 2
Boston 8, Kansas City 6
Toronto at Baltimore, ppd., rain
Chicago White Sox 4, Seattle 3, 7 innings
Minnesota 6, Texas 5

**Monday's Games**

Boston 5, Kansas City 1
Baltimore 4, Chicago White Sox 3
Oakland 3, Cleveland 0
Toronto 8, N.Y. Yankees 7, 11 innings
Texas 6, Tampa Bay 5
Seattle 1, Minnesota 0

**Tuesday's Games**

Chicago White Sox (Sale 15-4) at Baltimore (Tillman 6-2), 7:05 p.m.
Oakland (Milone 10-9) at Cleveland (McAllister 5-4), 7:05 p.m.
Toronto (R.Romero 8-11) at N.Y. Yankees (P.Hughes 12-11), 7:05 p.m.
Tampa Bay (Shields 12-7) at Texas (Darvish 12-9), 8:05 p.m.
Detroit (Verlander 12-7) at Kansas City (Mendoza 7-9), 8:10 p.m.
Seattle (Iwakuma 4-3) at Minnesota (Diamond 10-5), 8:10 p.m.
Boston (Buchholz 11-4) at L.A. Angels (Weaver 16-3), 10:05 p.m.

### AL LEADERS

| | G | AB | R | H | BA |
|---|---|---|---|---|---|
| Izturis, LAA | 4 | 13 | 3 | 7 | .538 |
| Ciriaco, BOS | 6 | 28 | 8 | 13 | .464 |
| Konerko, CHW | 6 | 22 | 2 | 10 | .455 |
| Podsednik, BOS | 6 | 25 | 3 | 11 | .440 |
| Beltre, TEX | 7 | 30 | 7 | 13 | .433 |
| Iannetta, LAA | 5 | 21 | 1 | 9 | .429 |
| Swisher, NYY | 6 | 21 | 4 | 9 | .429 |
| Hardy, BAL | 4 | 17 | 4 | 7 | .412 |
| Kinsler, TEX | 7 | 27 | 7 | 11 | .407 |
| Kendrick, LAA | 6 | 25 | 4 | 10 | .400 |

**RUNS**-Trout, Los Angeles, 100; Kinsler, Texas, 89; MiCabrera, Detroit, 83; Hamilton, Texas, 83; Granderson, New York, 82; Jeter, New York, 81; AJackson, Detroit, 79.
**RBI**-Hamilton, Texas, 111; MiCabrera, Detroit, 106; Willingham, Minnesota, 92; Fielder, Detroit, 91; Encarnacion, Toronto, 88; ADunn, Chicago, 87; AdGonzalez, Boston, 86; Pujols,

## NATIONAL LEAGUE

### EAST DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Washington | 77 | 50 | .606 | — |
| Atlanta | 73 | 55 | .570 | 4½ |
| Philadelphia | 61 | 67 | .477 | 16½ |
| New York | 59 | 69 | .461 | 18½ |
| Miami | 58 | 71 | .450 | 20 |

### CENTRAL DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Cincinnati | 77 | 52 | .597 | — |
| St. Louis | 71 | 57 | .555 | 5½ |
| Pittsburgh | 68 | 60 | .531 | 8½ |
| Milwaukee | 60 | 67 | .472 | 16 |
| Chicago | 49 | 78 | .386 | 27 |
| Houston | 40 | 88 | .313 | 36½ |

### WEST DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| San Francisco | 71 | 57 | .555 | — |
| Los Angeles | 69 | 60 | .535 | 2½ |
| Arizona | 64 | 64 | .500 | 7 |
| San Diego | 59 | 70 | .457 | 12½ |
| Colorado | 52 | 75 | .409 | 18½ |

**Sunday's Games**

N.Y. Mets 2, Houston 1
St. Louis 8, Cincinnati 2
Milwaukee 7, Pittsburgh 0
Philadelphia 4, Washington 1
Chicago Cubs 5, Colorado 0, 8 innings
Miami 6, L.A. Dodgers 2
San Diego 5, Arizona 4
Atlanta 7, San Francisco 1

**Monday's Games**

St. Louis 4, Pittsburgh 3
Milwaukee 15, Chicago Cubs 4
Colorado 10, L.A. Dodgers 0
Cincinnati at Arizona
Atlanta at San Diego

**Tuesday's Games**

N.Y. Mets (C.Young 3-7) at Philadelphia (Worley 6-9), 7:05 p.m.
St. Louis (Westbrook 13-9) at Pittsburgh (Ja.McDonald 11-6), 7:05 p.m.
Washington (Strasburg 15-5) at Miami (Nolasco 9-12), 7:10 p.m.
Milwaukee (Gallardo 13-8) at Chicago Cubs (T.Wood 4-10), 8:05 p.m.
San Francisco (M.Cain 13-5) at Houston (B.Norris 5-11), 8:05 p.m.
L.A. Dodgers (Capuano 11-9) at Colorado (Chatwood 3-3), 8:40 p.m.
Cincinnati (Cueto 16-6) at Arizona (Miley 14-8), 9:40 p.m.
Atlanta (Medlen 5-1) at San Diego (Werner 1-0), 10:05 p.m.

### NL LEADERS

| | G | AB | R | H | BA |
|---|---|---|---|---|---|
| Upton, ARI | 4 | 13 | 3 | 7 | .538 |
| Freese, STL | 3 | 10 | 4 | 5 | .500 |
| Buck, MIA | 3 | 10 | 3 | 5 | .500 |
| Solano, MIA | 7 | 25 | 5 | 12 | .480 |
| Venable, S-D | 5 | 21 | 7 | 10 | .476 |
| Lucroy, MIL | 6 | 15 | 3 | 7 | .467 |
| Molina, STL | 5 | 20 | 3 | 9 | .450 |
| Holliday, STL | 6 | 27 | 6 | 12 | .444 |
| Frandsen, PHL | 6 | 18 | 4 | 8 | .444 |
| Craig, STL | 6 | 25 | 8 | 11 | .440 |

**RUNS** - AMcCutchen, Pittsburgh, 88; Bourn, Atlanta, 85; MeCabrera, San Francisco, 84; Braun, Milwaukee, 82; Holliday, St. Louis, 82; JUpton, Arizona, 81; CGonzalez, Colorado, 79.
**RBI** - Holliday, St. Louis, 89; Beltran, St. Louis, 85; Braun, Milwaukee, 85; FFreeman, Atlanta, 82; Bruce, Cincinnati, 81; CGonzalez, Colorado, 81; Headley, San Diego, 80; Posey, San Francisco, 80.

## BLUE JAYS 8, YANKEES 7 (11 INN.)

| Toronto | ab | r | h | bi | New York | ab | r | h | bi |
|---|---|---|---|---|---|---|---|---|---|
| RDavis lf | 6 | 1 | 1 | 0 | Jeter ss | 5 | 2 | 1 | 1 |
| Rasms cf | 5 | 1 | 2 | 3 | Swisher dh | 6 | 1 | 1 | 2 |
| Encrnc 1b | 5 | 0 | 0 | 0 | Cano 2b | 4 | 2 | 2 | 2 |
| Lind dh | 5 | 1 | 2 | 1 | Teixeir 1b | 1 | 1 | 0 | 0 |
| YEscor ss | 5 | 0 | 1 | 0 | J.Nix 3b | 2 | 0 | 0 | 0 |
| KJhnsn 2b | 4 | 1 | 0 | 0 | Grndrs cf | 5 | 0 | 0 | 0 |
| Torreal c | 5 | 2 | 3 | 2 | ErChvz 3b-1b | 4 | 1 | 3 | 0 |
| McCoy pr | 0 | 1 | 0 | 0 | RMartn c | 4 | 0 | 1 | 1 |
| Mathis c | 0 | 0 | 0 | 0 | Ibanez lf | 2 | 0 | 0 | 1 |
| Sierra rf | 5 | 1 | 1 | 0 | AnJons ph-rf | 3 | 0 | 0 | 0 |
| Hchvrr 3b | 5 | 0 | 2 | 2 | ISuzuki rf-lf | 4 | 0 | 0 | 0 |
| **Totals** | **45** | **8** | **12** | **8** | **Totals** | | **40** | **7** | **8** | **7** |

| | | | |
|---|---|---|---|
| **Toronto** | 010 | 020 | 103 | 01—8 |
| **New York** | 100 | 320 | 001 | 00—7 |

E—D.Lowe (1). LOB—Toronto 5, New York 7. HR—Rasmus (21), Lind (9), Torrealba (4), Jeter (14), Swisher (20), Cano 2 (27). S—R.Martin.

| | IP | H | R | ER | BB | SO |
|---|---|---|---|---|---|---|
| **Toronto** | | | | | | |
| H.Alvarez | 3 1-3 | 5 | 4 | 4 | 1 | 1 |
| Laffey | 2 2-3 | 1 | 2 | 2 | 3 | 0 |
| Delabar | 2-3 | 0 | 0 | 0 | 1 | 1 |
| Loup | 1-3 | 1 | 0 | 0 | 0 | 0 |
| Lincoln | 1 | 0 | 0 | 0 | 0 | 0 |
| Janssen BS,3-19 | 1 | 1 | 1 | 1 | 0 | 2 |
| Oliver W,3-2 | 2 | 0 | 0 | 0 | 1 | 3 |
| **New York** | | | | | | |
| Phelps | 6 1-3 | 5 | 4 | 4 | 1 | 7 |
| Eppley H,9 | 2-3 | 1 | 0 | 0 | 0 | 1 |
| D.Robertson H,20 | 1 | 2 | 0 | 0 | 0 | 1 |
| R.Soriano BS,3-36 | 1 | 3 | 3 | 3 | 0 | 2 |
| Rapada | 1-3 | 0 | 0 | 0 | 0 | 1 |
| D.Lowe L,8-11 | 1 2-3 | 1 | 1 | 0 | 0 | 1 |

T—3:44. A—42,962 (50,291).

# SOCCER

## MLS

### EASTERN CONFERENCE

| | GP | W | L | T | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Kansas City | 26 | 14 | 7 | 5 | 32 | 23 | 47 |
| New York | 26 | 13 | 7 | 6 | 44 | 37 | 45 |
| Houston | 26 | 11 | 6 | 9 | 38 | 30 | 42 |
| Chicago | 25 | 12 | 8 | 5 | 32 | 30 | 41 |
| D.C. United | 25 | 12 | 9 | 4 | 41 | 35 | 40 |
| Montreal | 28 | 12 | 13 | 3 | 42 | 44 | 39 |
| Columbus | 24 | 10 | 8 | 6 | 29 | 28 | 36 |
| Philadelphia | 23 | 7 | 12 | 4 | 24 | 28 | 25 |
| New England | 25 | 6 | 14 | 5 | 30 | 35 | 23 |
| Toronto | 26 | 5 | 15 | 6 | 29 | 46 | 21 |

### WESTERN CONFERENCE

| | GP | W | L | T | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| San Jose | 26 | 15 | 6 | 5 | 52 | 33 | 50 |
| Seattle | 25 | 12 | 6 | 7 | 40 | 26 | 43 |
| Real Salt Lake | 27 | 13 | 10 | 4 | 37 | 32 | 43 |
| Los Angeles | 27 | 12 | 11 | 4 | 46 | 40 | 40 |
| Vancouver | 27 | 10 | 10 | 7 | 29 | 35 | 37 |
| Dallas | 28 | 8 | 12 | 8 | 33 | 37 | 32 |
| Chivas USA | 23 | 7 | 10 | 6 | 17 | 32 | 27 |
| Colorado | 26 | 8 | 16 | 2 | 33 | 40 | 26 |
| Portland | 25 | 6 | 13 | 6 | 26 | 43 | 24 |

**Note:** 3 points for a win, 1 for a tie.
**Sunday's results**
Los Angeles 2 Dallas 0
New York 1 Kansas City 1
**Wednesday's games**
Chivas USA at New England, 8 p.m.
Columbus at Philadelphia, 8 p.m.
New York at D.C. United, 8 p.m.
**Friday's games**
Colorado at Portland, 10:30 p.m.
**Saturday, Sept. 1**
Philadelphia at New England, 7:30 p.m.
Montreal at Columbus, 7:30 p.m.
Toronto at Kansas City, 8:30 p.m.
D.C. United at Real Salt Lake, 9 p.m.
Vancouver at Los Angeles, 10 p.m.
**Sunday, Sept. 2**
Houston at Chicago, 7 p.m.
Seattle at Dallas, 7 p.m.
Chivas USA at San Jose, 9 p.m.

# TENNIS

## U.S. OPEN

**New York**
**Singles**
**Men**
**First Round**
Kei Nishikori (17), Japan, def. Guido Andreozzi, Argentina, 6-1, 6-2, 6-4.
James Blake, United States, def. Lukas Lacko, Slovakia, 7-5, 6-2, 3-6, 6-3.
**Women**
**First Round**
Anna Tatishvili, Georgia, def. Stephanie Foretz Gacon, France, 6-2, 6-0.
Sam Stosur (7), Australia, def. Petra Martic, Croatia, 6-1, 6-1.
Casey Dellacqua, Australia, def. Lesia Tsurenko, Ukraine, 6-2, 6-3.
Lucie Hradecka, Czech Republic, def. Anabel Medina Garrigues (27), Spain, 6-3, 6-3.
Marion Bartoli (11), France, def. Jamie Hampton, United States, 6-3, 7-6 (5).
Li Na (9), China, def. Heather Watson, Britain, 6-2, 6-3.
Kristyna Pliskova, Czech Republic, def. Julia Goerges (18), Germany, 7-6 (4), 6-1.
Nadia Petrova (19), Russia, def. Jarmila Gajdosova, Australia, 6-3, 7-6 (3).
Sorana Cirstea, Romania, def. Sabine Lisicki (16), Germany, 4-6, 6-2, 6-2.

# FOOTBALL

## CFL

### EAST DIVISION

| | GP | W | L | T | PF | PA | Pt |
|---|---|---|---|---|---|---|---|
| Montreal | 8 | 5 | 3 | 0 | 233 | 242 | 10 |
| Toronto | 8 | 4 | 4 | 0 | 177 | 191 | 8 |
| Hamilton | 8 | 3 | 5 | 0 | 236 | 261 | 6 |
| Winnipeg | 8 | 2 | 6 | 0 | 176 | 244 | 4 |

### WEST DIVISION

| | GP | W | L | T | PF | PA | Pt |
|---|---|---|---|---|---|---|---|
| B.C. | 8 | 6 | 2 | 0 | 202 | 141 | 12 |
| Edmonton | 8 | 5 | 3 | 0 | 190 | 151 | 10 |
| Calgary | 8 | 4 | 4 | 0 | 217 | 206 | 8 |
| Saskatchewan | 8 | 3 | 5 | 0 | 190 | 182 | 6 |

**Monday's result**
Edmonton 26 Toronto 17
**Friday's game**
Calgary at Edmonton, 9 p.m.
**Saturday, Sept. 8**
Hamilton at Toronto, 1 p.m.
Montreal at B.C., 4 p.m.
**Sunday, Sept. 9**
Saskatchewan at Winnipeg, 1 p.m.

## ESKIMOS 26, ARGONAUTS 17

TORONTO — CFL Monday night:
**First Quarter**
**Edm** — FG Shaw 22 7:17
**Edm** — TD Joseph 1 run (Shaw convert) 15:00
**Second Quarter**
**Tor** — FG Waters 17 3:50
**Edm** — FG Shaw 32 8:49
**Edm** — FG Shaw 12 12:43
**Third Quarter**
**Tor** — TD Inman 16 pass from Ray (Swayze convert) 1:20
**Edm** — FG Shaw 50 7:10
**Tor** — TD Kackert 25 run (Swayze convert) 15:00
**Fourth Quarter**
**Edm** — TD Charles 10 run (Shaw convert) 2:31

| | | | | | |
|---|---|---|---|---|---|
| **Edmonton** | **10** | **6** | **3** | **7** | **26** |
| **Toronto** | **0** | **3** | **14** | **0** | **17** |

**Attendance** — 22,912 at Toronto.

## NFL PRESEASON

**Wednesday's games**
Tampa Bay at Washington, 7 p.m.
New England at N.Y. Giants, 7 p.m.
Miami at Dallas, 8:30 p.m.

# GOLF

## PGA

### FEDEX CUP

**Through Aug. 26**

| Points Money | YTD |
|---|---|
| 1. Nick Watney | 3,226—$2,690,977 |
| 2. Brandt Snedeker | 2,694—$3,224,939 |
| 3. Tiger Woods | 2,417—$4,989,158 |
| 4. Rory McIlroy | 2,299—$4,962,192 |
| 5. Zach Johnson | 2,166—$4,143,284 |
| 6. Jason Dufner | 2,110—$4,548,104 |
| 7. Bubba Watson | 2,080—$4,178,997 |
| 8. Dustin Johnson | 1,972—$2,558,060 |
| 9. Carl Pettersson | 1,898—$3,352,496 |
| 10. Sergio Garcia | 1,810—$2,269,316 |
| 11. Matt Kuchar | 1,747—$3,638,525 |
| 12. Hunter Mahan | 1,739—$3,720,793 |
| 13. Keegan Bradley | 1,670—$3,606,658 |
| 14. Luke Donald | 1,597—$2,936,379 |
| 15. Justin Rose | 1,534—$3,318,330 |
| 16. Steve Stricker | 1,523—$3,064,421 |
| 17. Phil Mickelson | 1,520—$2,980,621 |
| 18. Ernie Els | 1,514—$3,140,173 |
| 19. Rickie Fowler | 1,453—$2,879,893 |
| 20. Webb Simpson | 1,424—$2,997,505 |
| 21. Louis Oosthuizen | 1,409—$2,347,595 |
| 22. Bo Van Pelt | 1,382—$2,575,305 |
| 23. Scott Piercy | 1,304—$2,321,950 |
| 24. John Huh | 1,295—$2,362,587 |
| 25. Jim Furyk | 1,284—$2,702,205 |
| 26. Bud Cauley | 1,204—$1,685,435 |
| 27. Lee Westwood | 1,194—$2,038,969 |
| 28. Johnson Wagner | 1,181—$2,183,300 |
| 29. Bill Haas | 1,181—$2,286,771 |
| 30. Kyle Stanley | 1,177—$2,280,657 |
| 31. Robert Garrigus | 1,160—$2,167,683 |
| 32. John Senden | 1,117—$1,580,171 |
| 33. Graeme McDowell | 1,037—$2,349,879 |
| 34. Adam Scott | 1,011—$2,206,757 |
| 35. Tim Clark | 1,010—$1,389,428 |
| 36. Marc Leishman | 1,003—$1,889,041 |
| 37. Ben Curtis | 997—$2,342,873 |
| 38. Greg Chalmers | 989—$1,023,627 |
| 39. Mark Wilson | 986—$2,019,100 |
| 40. Martin Laird | 981—$2,155,683 |
| 41. Brian Harman | 975—$1,067,676 |
| 42. Ryan Palmer | 952—$1,388,927 |
| 43. Kevin Stadler | 923—$1,285,906 |
| 44. Graham DeLaet | 922—$1,015,151 |
| 45. Jimmy Walker | 911—$1,293,258 |
| 46. William McGirt | 905—$1,146,934 |
| 47. Charlie Wi | 901—$1,649,909 |
| 48. Padraig Harrington | 896—$1,419,912 |
| 49. Geoff Ogilvy | 874—$1,183,196 |
| 50. Ian Poulter | 870—$1,531,751 |
| 51. Kevin Na | 866—$1,911,815 |
| 52. Ben Crane | 849—$1,648,415 |
| 53. Ryan Moore | 843—$1,164,944 |
| 54. Seung-Yul Noh | 840—$1,375,551 |
| 55. J.B. Holmes | 818—$1,082,610 |
| 56. Brendon de Jonge | 815—$1,243,904 |
| 57. Tom Gillis | 814—$962,214 |
| 58. John Rollins | 800—$1,448,087 |
| 59. Vijay Singh | 776—$1,045,513 |
| 60. Ken Duke | 776—$1,434,946 |
| 61. Scott Stallings | 761—$1,048,172 |
| 62. Bob Estes | 760—$905,482 |
| 63. Harris English | 756—$1,046,809 |
| 64. Josh Teater | 756—$789,495 |
| 65. Pat Perez | 751—$986,729 |
| 66. Spencer Levin | 735—$1,283,616 |
| 67. David Hearn | 735—$902,748 |
| 68. Charles Howell III | 733—$976,362 |
| 69. Jonathan Byrd | 732—$1,601,909 |
| 70. Brian Davis | 728—$1,279,120 |
| 71. Charl Schwartzel | 726—$1,064,124 |
| 72. D.A. Points | 714—$1,383,543 |
| 73. J.J. Henry | 713—$1,280,442 |
| 74. Sean O'Hair | 712—$1,042,897 |
| 75. Matt Every | 711—$1,490,093 |
| 76. Greg Owen | 704—$981,884 |
| 77. Ricky Barnes | 696—$779,983 |
| 78. Troy Matteson | 690—$1,003,686 |
| 79. Cameron Tringale | 689—$1,215,397 |
| 80. Roberto Castro | 685—$680,668 |
| 81. Chris Kirk | 682—$959,003 |
| 82. Michael Thompson | 671—$1,243,874 |
| 83. Jeff Overton | 667—$1,049,503 |
| 84. Ted Potter, Jr. | 647—$1,356,708 |
| 85. Aaron Baddeley | 635—$1,187,753 |
| 86. Charley Hoffman | 628—$1,203,739 |
| 87. Blake Adams | 627—$1,017,985 |
| 88. Jason Day | 624—$899,486 |
| 89. David Toms | 623—$1,226,428 |
| 90. George McNeill | 611—$1,079,092 |
| 91. Tommy Gainey | 611—$788,223 |
| 92. Sang-Moon Bae | 604—$1,151,232 |
| 93. Bryce Molder | 603—$811,635 |
| 94. Rory Sabbatini | 602—$1,106,270 |
| 95. K.J. Choi | 602—$969,057 |
| 96. Dicky Pride | 586—$1,155,445 |
| 97. Jonas Blixt | 578—$906,734 |
| 98. John Merrick | 572—$962,039 |
| **Did not advance to the second playoff event** | |
| 99. Daniel Summerhays | 567—$1,027,305 |
| 100. Martin Flores | 556—$873,554 |
| 101. John Mallinger | 543—$910,490 |
| 102. Will Claxton | 530—$726,200 |
| 103. Gary Christian | 529—$599,722 |
| 104. Chad Campbell | 517—$760,227 |
| 105. Fredrik Jacobson | 513—$953,494 |
| 106. Andres Romero | 506—$951,996 |
| 107. Rod Pampling | 505—$586,758 |
| 108. Billy Mayfair | 500—$591,206 |
| 109. Brian Gay | 491—$690,440 |
| 110. Chris Stroud | 484—$893,230 |
| 111. Henrik Stenson | 462—$719,103 |
| 112. Kevin Streelman | 462—$766,649 |
| 113. Troy Kelly | 462—$777,112 |
| 114. Kevin Chappell | 447—$610,948 |
| 115. Davis Love III | 443—$774,934 |
| 116. Jeff Maggert | 437—$598,994 |
| 117. Trevor Immelman | 423—$617,296 |
| 118. Robert Allenby | 417—$801,807 |
| 119. James Driscoll | 413—$664,788 |
| 120. Colt Knost | 390—$759,651 |
| 121. Harrison Frazar | 387—$730,203 |
| 122. Jerry Kelly | 385—$501,109 |
| 123. Boo Weekley | 365—$660,709 |
| 124. Heath Slocum | 365—$424,215 |
| 125. Jason Bohn | 363—$643,972 |
| 126. Jhonattan Vegas | 361—$744,874 |
| 127. Y.E. Yang | 351—$454,276 |
| 128. Tim Herron | 339—$400,614 |
| 129. Bobby Gates | 338—$452,793 |
| 130. Brendan Steele | 334—$710,705 |
| 131. Retief Goosen | 330—$571,174 |
| 132. Chez Reavie | 327—$499,375 |
| 133. David Mathis | 322—$587,836 |
| 134. Gary Woodland | 321—$443,338 |
| 135. Chris DiMarco | 316—$452,526 |
| 136. Vaughn Taylor | 312—$494,319 |
| 137. Erik Compton | 311—$331,955 |
| 138. Kyle Reifers | 311—$374,902 |
| 139. Stewart Cink | 310—$433,845 |
| 140. John Daly | 298—$479,595 |
| 141. Kris Blanks | 297—$390,059 |
| 142. Bill Lunde | 294—$347,759 |
| 143. Billy Horschel | 289—$417,824 |
| 144. Stuart Appleby | 287—$338,964 |

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## Horoscopes

### ♈ Aries
**March 21 - April 20**
Good intentions are not enough — you must live up to your ideals. Make it your aim today to treat everyone you meet, even strangers, in the same way as you treat those you love beyond question.

### ♉ Taurus
**April 21 - May 21**
There may be times when it seems as if you are losing control of everything in your life but it's not true, so steer clear of self-pity. Actually, things are progressing quite well for you at the moment.

### ♊ Gemini
**May 22 - June 21**
You may be tempted to try something outrageous today, something you believe will convince the doubters that you have what it takes. But what if it goes wrong? By all means, be bold but don't abandon common sense.

### ♋ Cancer
**June 22 - July 23**
With the travel area of your chart heavily emphasized, being on the move will be a lot of fun. But be aware that it will also have its dangers. Delays are going to happen whether you like it or not, so don't get angry.

### ♌ Leo
**July 24 - Aug. 23**
Just because someone occupies a position of authority does not mean you can trust what they say. With communications planet Mercury under negative influences, a lot of what you hear is probably nonsense.

### ♍ Virgo
**Aug. 24 - Sept. 23**
Knowledge is power and the more you know about what others are up to, the better placed you will be to get something out of it. Are we talking blackmail here? Of course not, perish the thought!

### ♎ Libra
**Sept. 24 - Oct. 23**
Take what even your friends tell you with a grain of salt. They may not lie to you on purpose but they are a bit confused about what's going on. You don't need advice. Your conscience will guide you.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
Focus only on things you understand. If you drift into areas where your knowledge is limited, you may fall foul of people who like to prey on trusting types like you. Be cautious. You don't have to prove yourself.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Do not — repeat, not — sweep important topics under the rug. If you ignore them now, they will come back bigger and tougher to deal with later on. Don't worry about being unpopular. You've got issues to resolve.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
You may be a bit blunt in some of the things you say over the next 24 hours but that's OK. For too long certain people have been avoiding the realities of the current situation. It's time to get real.

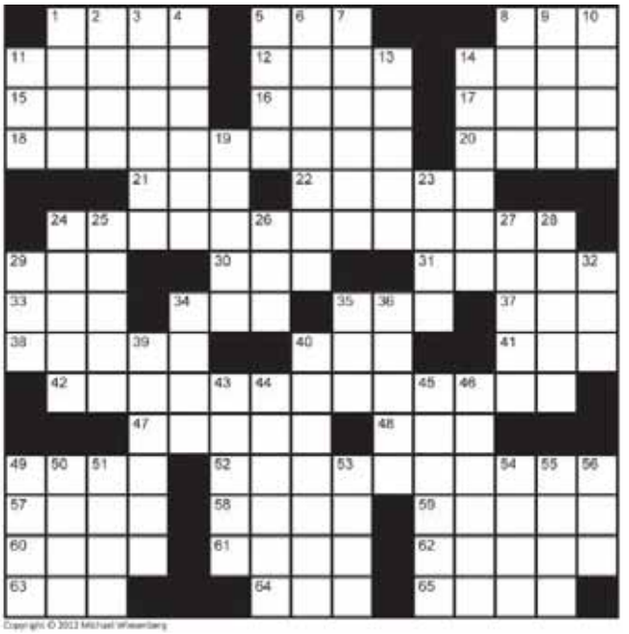
### ♒ Aquarius
**Jan. 21 - Feb. 19**
Your mind will race off in all sorts of weird and wonderful directions today and it could be a lot of fun — but it could also be dangerous. Try not to make important decisions until after Friday's full moon.

### ♓ Pisces
**Feb. 20 - March 20**
Focus on your own needs and desires and pretend that other people don't exist. That might sound a bit selfish but you've done more than your share for the greater good of late. Look after Number One today.

SALLY BROMPTON

## Crossword: Canadiana

BY MICHAEL WIESENBERG



### Across
1. ___ Spumante: Italian sparkling wine
5. Emergency room drips, familiarly
8. "It's easy as ___"
11. Speck in the ocean
12. Broth
14. Clairvoyant one
15. Circus animals that balance balls
16. Gore Vidal's ___ *Breckenridge* (or the 1970 movie)
17. Pine case
18. Toronto team (2 wds.)
20. Dix, ___, douze
21. Corrida cheer
22. "Do you understand?" (2 wds.)
24. Alberta and Saskatchewan became part of this on Sept. 1, 1906
29. Angry crowd
30. Bad dog
31. American ___: Pacific Ocean territory
33. ___ mode: with ice cream (2 wds.)
34. That girl
35. Winnipeg's "Taking Care of Business" band, for short
37. Key beside F1
38. "The sky's the ___!"
40. Canadian map dispensers
41. Bring home after expenses
42. Formed in 1970, this world renowned chamber ensemble quintet always performs in formal black suits with white running shoes
47. Amino and folic
48. "...a feeling of sadness comes ___ me": Longfellow
49. Mounties, in short
52. Western capital (2 wds.)
57. Cleveland's state
58. Red-wrapped cheese
59. Kept the engine running
60. Toronto group that backed Bob Dylan as The Hawks; with "The"
61. Amusement park attraction
62. Bed boards
63. Versifier's "before"
64. Start of a countdown
65. Potato buds

### Down
1. "... against ___ of troubles": Hamlet (2 wds.)
2. Certain hockey shot
3. Betray, kid-style (2 wds.)
4. In a class by ___
5. "Woe ___!": "Alas" (2 wds.)
6. First spacecraft to reach Uranus and Neptune
7. Beach habitué
8. Long, long time
9. Mercedes ___
10. Some of the original inhabitants of Ontario
11. Belief
13. Italian dish
14. Nova ___
19. Parasite
23. "Make ___!": Jean-Luc Picard (2 wds.)
24. Baby discomfort
25. Harper's US counterpart
26. Anticipated
27. Signs
28. Proboscises
29. ___ de mer: seasickness
32. "Just ___ naturally"
34. Opp. of legato in musical notation
35. Prohibition
36. Forbidden
39. As like as two peas ___ (3 wds.)
40. ___ Range: mountains that extend from California to southern BC
43. Frogman
44. "___ my way" (3 wds.)
45. Surface again
46. Drily
49. Choir attire
50. Blacken
51. It isn't yours
53. US Treasury Department agents, familiarly
54. Wings
55. Wagers
56. Audiophile's collection

## Yesterday's Crossword

## What's online

See today's answers at metronews.ca/answers.

## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 8 | | 4 | | | | 5 | |
| | | | 2 | | | | 7 | 8 |
| | | 6 | 3 | | 7 | 1 | 2 | |
| | 2 | 3 | | | | | | |
| 4 | | | | | | | | 5 |
| | | | | | | 3 | 4 | |
| | 4 | 1 | 6 | | 3 | 2 | | |
| 7 | 6 | | | | 9 | | | |
| | 5 | | | | 1 | | 8 | |

## Yesterday's Sudoku

## Weather

| TODAY | WEDNESDAY | THURSDAY |
|---|---|---|
| MAX: 28° MIN: 13° | MAX: 19° MIN: 13° | MAX: 12° MIN: 1° |

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